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THE MODERN BAKER
CONFECTIONER AND CATERER

"RAISED"

A SPORTING SCENE PIPED WITH SUGAR

THE MODERN BAKER CONFECTIONER AND CATERER

A PRACTICAL AND SCIENTIFIC WORK
FOR THE BAKING AND ALLIED TRADES

EDITED BY

JOHN KIRKLAND

LECTURER AND TEACHER OF BREAD-MAKING NATIONAL
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CONTENTS

DIVISIONAL-VOL. IV

ORNAMENTAL CONFECTIONERY

Page

CHAPTER I. MOULDING AND CASTING FIGURES IN GUM PASTE - - 1

Natural Flowers on Wedding Cakes—Gum-Paste Ornaments—To Prepare Gum Paste—Moulding with Gum Paste—Character of Plasticine—Modelling a Cupid—Casting from a Modelled Cupid—Preparing Double Mould for Peach—Use of Sulphur in Mould-making—Moulded Stand in Rice, Wax, or Sugar—Making Grained-Sugar Ornaments—Hollow Grained-Sugar or Wax Stands.

CHAPTER II. LACE PIPING AND CHOCOLATE MEDALLIONS - - - 5

Modelled Plaques and Festoons for Cakes—Lace or Net Piping—Duplicating Designs—Chocolate Medallions for Cakes—Soft Chocolate Centres on Cakes—Chocolate Dough—To Keep Medallions—Preparing the Paste—Quantity of Sugar to Use—How to Fill the Moulds—Use of Ice for Cooling—Another Method of Moulding—Third Method of Moulding—Recipe for Medallion Varnish—Another Varnish Recipe—Chocolate Easter Eggs—Grained-Sugar Easter Eggs.

CHAPTER III. FIGURE AND ART PIPING - - - - - - - - 8

Figure Piping a New Art—Originality of Design—Where to Seek Models—Preparing Icing for Figure Work—Signs of Readiness of Icing—Best Materials to Pipe on—Subjects from Fanciers' Journals—Birds a Simple Subject—Stags Easy—Horses Difficult—Grouping should be Original—Flying Birds—Piping Lions' Manes—Copying by Tracing—Piping on Glass—Grouping Animals—Country and Sport Journals to Copy from—Mixing Colours—Landscape Piping—Different Features of Trees—To Pipe the Oak—Autumn Tints—Poplar Trees—Use of Trees in Perspective—The Beech Tree.

CHAPTER IV. BOILING SUGAR - - - - - - - - - 12

Uses of Boiled Sugar—Sugar Thermometer—Degrees of Boiled Sugar—Use of Perforated Spoon or Wire for Testing—The Blow Degree—The Feather Degree—Precautions against Burns—The Hard Ball Degree—How to Hold the Fingers to Dip into Sugar—The Soft Crack Degree—The Hard Crack Degree—Testing Sugar with the Teeth—The Caramel Degree—Sugar Properly Boiled should Keep Dry—Use of Acid and Glucose to Prevent Graining—Use of Cream of Tartar.

Page

CHAPTER V. CARAMEL NOUGAT - - - - - - - - - 15

Caramel Nougat—To Prepare Nougat—Nougat à la Parisienne—Moulding Nougat—Another Method of Filling Moulds—Uniformity of Colour—Nougat Montélimar.

CHAPTER VI. SPUN-SUGAR DECORATION - - - - - - - - 16

Old Method of Spinning Sugar—Height to Boil Spinning Sugar—How to Spin Sugar—Uses of Spun Sugar.

CHAPTER VII. PULLED-SUGAR WORK - - - - - - - - 18

Effect of Pulling Sugar—Preparation of Pulled Sugar—Preparing the Slab—Making Stock Syrup for Boiling—How to Pull Sugar—Effects of Overworking—How Sheen is produced—Effects of Overheating when Moulding—Colouring the Sugar—Use of Powdered Aniline Colours—Keeping Pulled-Sugar Goods—Building up Sugar Roses—Natural Flowers as Models—Preparing and Fixing Stems—Moulding Leaves.

CHAPTER VIII. PULLED-SUGAR ARTICLES AND BUILT MERINGUES - - 21

Building of Sugar Baskets—Instructions for Basket-making—Finishing the Baskets—Basket with Lid Partly Open—Four-handled Basket—Fancy Flower Pot—Sugar Slipper—How to Keep Stock Meringues—How to Prepare Shapes—Building Beehives—Meringue Boxes.

SWEETS AND ENTREMETS

CHAPTER IX. MARRONS GLACÉS AND CARAMEL FRUITS - - - - 24

Marrons Glacés—Density of Syrup for Preserving—Density of Syrup for Storing—Use of Glucose in Preserving—Finishing Marrons Glacés—Caramel Oranges—Pyramid of Oranges—Croquenbouche of Fruit—Caramel Walnuts—Caramel Preserved Fruits—Caramel Prunes—Caramel Strawberries—Caramel Grapes—Wires for Dipping Fruits—Finishing Dipped Fruits—Disguised Chestnuts—Caramel Cherries.

CHAPTER X. FONDANTS, CREAMS, CRYSTALLIZED FRUITS, ETC. - - 28

Utensils for Making Fondants—Profitable Sweet-making—Making of Fondants—Syrup for Crystallizing—Crystallizing Fondants—Flavouring of Fondants—Crystallizing Prunes—Marzipan Shapes—Small Cockles—Centres for Chocolates—The Covering Chocolate—Coating Centres with Chocolate—Preparation of Fondant Centres—Preparation of the Chocolate—Danger of Overheating—Nougat Creams—Hard Nougat Centres—Pralinée Centres—Fruit Centres—Liqueur Centres—Preparation of Soft Centres for Covering.

CHAPTER XI. JELLIES - - - - - - - - - - - - 35

Calves'-Foot Jelly—Preparation of Calves'-Foot Jelly—Recipe for Sweet Jelly—Straining through a Jelly-bag—Use of Isinglass or Gelatine—Recipe for Stock Jelly from Gelatine—Method of Clarifying—Macédoine Jellies—Method of Filling Moulds—Printanière or Spring Jellies—Pineapple Jellies—Gold-Leaf Jellies—Marbled Jellies—Whipped Jelly—Neige or Snow Jelly—Autumn Jellies—Tricolour or Rubani Jellies—Valentine Jellies—Champagne Jellies—Harlequin Jellies—Method of Filling the Mixed Jellies—Punch Jellies—Noyau Jellies—Maraschino Jellies—Orange Jellies—To Prepare Oranges for Jellies—Croûtes of Peaches—Other Kinds of Moulded Jellies—Aspic Jelly—To Test Consistency.

CHAPTER XII. CHARTREUSES OF FRUITS - - - - - - - - 40

Chartreuses of Fruits—Jelly for Whipped Cream—Chartreuse of Bananas—Preparing Whipped Cream—Special Precautions with Tinned Fruits—List of Fruit Chartreuses.

Page

CHAPTER XIII. CHARLOTTES AND MOULDED CREAMS - - - - - 41

Russian Charlotte—Venetian Charlotte—Charlotte Coloniale—Charlotte Écossaise—Charlotte Normande—Charlotte Mignons—Fruit Juices for Flavouring—Chopped Jelly for Decoration—Moulded Creams—How Creams are Spoiled—Vanilla Cream—Brown-bread Cream—Italian Cream—Pistachio Cream—Sicilian Cream—Chocolate Cream—Coffee Cream—Millefruit Cream—Bavaroise Creams—Custard for Cream Mixing.

CHAPTER XIV. COMPOTE OF FRUIT AND SUPPER DISHES - - - - 44

Fruit Dishes—Suprême of Pineapple—Suprême of Cherries—To Cook Fresh Cherries—Riz à l'Impératrice—Blancmange—Croûtes of Pineapple—Forming Dish of Croûtes—Croûtes of Peaches—Croûtes of Tangerines—Croûtes of Madeira—Savarin and Cherries—Savarins with Cream—Savarin and Apricots—Savarin and Peaches—Swallow's Nest—Small Nests of Marron—Mont Blanc Chantilly—Marron and Meringue—Venetian Pudding—Neapolitan Cream—Cream Gaufres.

CHAPTER XV. ENTREMETS - - - - - - - - - - 48

Vanilla Soufflé—Vanilla Soufflé Pudding—Vanilla Soufflé Fritters—Chocolate Soufflé—Coffee Soufflé—Rice Soufflé—Sauce with Soufflés—Apple Fritters—Use of the Salamand—Peach Sicilian—Pears Sicilian—Filling for Peaches—Apple Charlottes—Bread Fingers for Lining—Short Paste Lining for Charlottes.

ICES

CHAPTER XVI. THE PREPARATION OF ICES - - - - - - - 51

Good Materials Necessary—Utensils Needed—Best Machines—Moulds for Ices—Proportions of Ice and Salt—Breaking the Ice—Stationary Machines—Use of the Spatula—Use of the Saccharometer—Method of Stacking Freezer for Transport—Ice Caves—Fresh Fruits best for Ices—Cream and Water Ices—Vanilla Cream Ice—Vanilla Seeds in Ices—Vanilla Custard Ice—Why Custard must not be much Boiled—Cheap Vanilla Custard—Use of Gelatine and Corn Flour—Coffee Cream Ice—Strawberry Cream Ice—Cheap Strawberry Ice—Raspberry Cream Ice—Banana Cream Ice—Serving in Banana Skins—Moulding Banana Ices—Pineapple Cream Ice—Preparing Pineapple for Ices—Glacé à la Crème Pralinée—Chocolate Cream Ice—Apricot Cream Ice—Peach Cream Ice—Orange Cream Ice—Pistachio Cream Ice—Walnut Cream Ice—Ginger Cream Ice—Brown-bread Cream Ice—Plain Biscuit Ice—Green-tea Ice—Nesselrode Ice Pudding—Pear Cream Ice—Cherry Cream Ice—Hazel-nut Cream Ice—Caramel Cream Ice.

CHAPTER XVII. SOUFFLÉS, MOUSSES, ETC. - - - - - - - 59

Soufflés—Cream and Egg Soufflés—Soufflé of Yolks—Moulded Mousses—Parfait Soufflés.

CHAPTER XVIII. WATER ICES AND SORBETS - - - - - - - 61

Whipped Whites in Water Ices—Lemon Water Ice—Orange Water Ice—Tangerine Water Ice—Pineapple Water Ice—Peach Water Ice—Apricot Water Ice—Melon Water Ice—Strawberry Water Ice—Raspberry and Red-Currant Ice—Cherry Water Ice—Sorbet—Lemon Sorbet—Pineapple Sorbet—Sorbet au Champagne—Orange Sorbet—Grape Sorbet—Millefruit Sorbet—Granite Sorbet.

CHAPTER XIX. MOULDED ICES AND PUDDINGS - - - - - - 64

Preparing Moulds for Ices—Neapolitan Ices—Order of Layers in Mould—Bomb Dahomey Ice—Melon Ice Pudding—Brazilian Ice—Pineapple Ice—Italian Ice—Glacé le Mogador—Glacé Comtesse Marie—Glacé Cronstadt—Apricot Plombière—Tutti-Frutti Glacé—Biscuit Imperial Glacé—Dutch Biscuits—Forced Tangerines—Small Peach Ices—Punch à la Romaine.

MENU DISHES

Page

CHAPTER XX. HORS D'ŒUVRES - - - - - - - - - 69

Restaurant and Outdoor Catering—Hors d'Œuvres—Huîtres au Naturel—Lax sur Croûtes—Canapé à la Zanzibar—Smoked Salmon—Bologne Sausage—Croûtes à la Rosamonde—Huîtres au Caviar—Croûtes à la Burlington—Croûtes aux Olives Farcies—Tartines de Caviar—Caviar sur Croûtes—Croûtes à la Marie—Little Salad of Prawns—Russian Salad in Cases.

CHAPTER XXI. PREPARATION OF SOUPS - - - - - - - - 71

Clear or Gravy Soup—Consommé à la Julienne—Consommé à la Jardinière—Consommé à la Brunoise—Consommé à la Printanière—Consommé à la Chiffonade—Consommé à la D'Esclignac—Consommé à la Royale—Consommé aux Profiteroles—Consommé aux Quenelles—Clear Vermicelli Soup—Clear Macaroni Soup—Consommé à la Lélie—Consommé Pompadour—Consommé à la Princesse—Consommé à la Palestine—Consommé à la Valetta—Consomme à la Nivernaise—Consommé Dauphiné—Clear Ox-tail Soup—Clear Mock Turtle Soup—Clear Turtle Soup—Clear Game Soup—Thick Tomato Soup—Thick Mock Turtle Soup—Thick Ox-tail Soup—Thick Grouse Soup—Thick Partridge Soup—Pheasant Soup—Rabbit Soup—Hare Soup—Ox-cheek Soup—Prince of Wales Soup—Queen Soup—Potage à la Bonne Femme—Thick Asparagus Soup—Scotch Broth—American Soup.

CHAPTER XXII. VEGETABLE SOUPS - - - - - - - - - 79

Chestnut Soup—Carrot Soup—Barley Soup—Spinach Soup—Artichoke Soup—Turnip Soup—Green-Pea Soup—Potato Soup—Dutch Soup.

CHAPTER XXIII. FISH SOUPS - - - - - - - - - - 80

Lobster Soup—Crayfish Soup—Oyster Soup—Mussel Soup—Shrimp Soup—Prawn Soup.

CHAPTER XXIV. SAUCES - - - - - - - - - - 81

White Roux Thickening for Sauces—Brown Roux Thickening for Sauces—Brown Sauce—White Sauce—Italian Sauce—White Italian Sauce—Sharp Sauce—Tomato Sauce—Genevese Sauce—Matelote Sauce—Lobster Sauce—Maître d'Hôtel Sauce—Curry Sauce—Mayonnaise Sauce—Green Mayonnaise Sauce—Red Mayonnaise Sauce—Tartar Sauce—Rémoulade Sauce (Cold)—Rémoulade Sauce (Hot)—Provençal Sauce—Sauce for Cold Meat, Brawn, &c.—Caper Sauce—Brown Caper Sauce—Black Butter Sauce—Egg Sauce—Mustard Sauce—Bread Sauce—Fennel Sauce—Shrimp Sauce—Ravigote Sauce—Green Ravigote Sauce—Sauce Robert—Parsley Sauce—Anchovy Sauce—Horseradish Sauce—Mousseline Sauce (Hot)—Mousseline Sauce (Cold)—Gherkin Sauce—Dutch Sauce—Mussel Sauce—German Sauce—Sauce Béarnaise—Sauce Suprême—Mint Sauce—White Chaudfroid Sauce—Brown Chaudfroid Sauce—D'Uxelles Sauce—Cumberland Sauce—Madeira Sauce—Financière Sauce—Devil Sauce—Norwegian Sauce—Bordeaux Sauce—Sauce for Venison—Sauce for Roast Veal—White Onion Purée—Brown Onion Sauce—Fine Herb Sauce—Béchamel Sauce—Mayonnaise Dressing for Salad—Maître d'Hôtel Butter—Fish Glaze—Mushroom Sauce—Port-wine Sauce—Plain White Sauce or Butter Sauce—White Onion Sauce—Oyster Sauce—Cherry Sauce—Neapolitan Sauce.

CHAPTER XXV. COOKING AND SERVING FISH - - - - - - 91

Lobster Coral—Fish Cream or Fish Farce—Fried Fillets of Sole—Soles in White Wine—Surprise Fillets of Sole—Filets de Sole à l'Orly—Filets de Sole à la Normande—Filets de Sole à la Richelieu—Filets de Sole en Belle-vue—Mayonnaise of Fillets of Soles—Soles au Gratin—Sole à la Colbert—Boiled Salmon—Fillets of Salmon—Mayonnaise of Salmon—Grilled Slice of Salmon—Fried Slices of Salmon—Red Mullet—Grey Broiled Mullet—Rougets aux Fines Herbes—Rougets à la Maître

Page

d'Hôtel—Boiled Turbot—Fillets of Turbot—Broiled Turbot—Turbot au Gratin—Turbot au Gratin à l'Italienne—Turbot à la Russe and Turbot à la Morny—Turbot à la Crème Gratin—Fillets of Turbot à l'Impératrice—Fish Rissoles—Smelts à l'Anglaise—Smelts Curled and Fried—Smelts for Invalids—Whiting—Fillets of Whiting—Filets de Merlans à la Régence—Filets de Merlans à l'Américaine—Filets de Merlans à l'Ambassadrice—Cream of Whiting—Cream of Whiting in Aspic Jelly—Whiting Pollock—Trout—Fillets of Trout—Slices of Trout—Médaillons de Truites en Caisses—Boiled Haddock—Fillets of Haddock with Tartar Sauce—Filets de Merluche à l'Indienne—Halibut—Whitebait—Devilled Whitebait—Sturgeon—Grilled Sturgeon—Stuffed Pike—Tunny Fish—Weevers—Carp—Forced Carp—Fried Carp—Stewed Carp—Fried Dabs—Cod with Dutch Sauce—Slices of Cod Fried—Tranches de Cabillaud à l'Espagnole—Grilled Cod—Grilled Cod à la Colbert—Eels—Spitchcocked Eels—Eels à la Georgina—Flounders—Fried Flounders—Flounders à l'Orly—Hake—Baked Hake—Gudgeon—Gurnard en Matelote—Fillets of Gurnard à l'Italienne.

CHAPTER XXVI. SHELL FISH - - - - - - - - - - 104

Crab—Crayfish—Scallops in Shells—Oyster Patties—Oyster Vol au Vent—Oysters à la Béchamel (Cold)—Croquettes of Oysters—Kromeskies of Oysters—Oysters à la d'Uxelles—Scalloped Oysters—Huîtres à l'Américaine—Homard à l'Américaine—Lobster Cutlets—Lobster Patties—Lobster Mayonnaise—Lobster Mayonnaise in Cases—Lobster Rissoles—Scalloped Lobster—Curried Lobster—Potted Lobster—Quenelles of Lobster—Mussels—Scalloped Mussels.

CHAPTER XXVII. FISH ENTRÉES - - - - - - - - - 110

Rice Borders for Entrées—Oyster Fritters—Oyster Fritters à la Villeroi—Oysters on Skewers—Croûtes d'Huîtres à la Calaisienne—Oyster Pudding—Devilled Oysters—Sardine Fritters—Scalloped or Buttered Lobster—Chartreuse of Fillets of Sole—Crépinettes à la Cardinal—Filets de Soles à la Venétienne (Cold)—Mousseline de Saumon à la Montmorency (Cold)—Bread Panada—Mousse of Lobster in Aspic—Fillets of Sole in China Shells.

CHAPTER XXVIII. SWEETBREAD AND OTHER ENTRÉES - - - - 113

Sweetbreads—Medallions of Sweetbreads—Sweetbreads à la d'Uxelles—Sweetbreads à la Villeroi—Sweetbreads à l'Orly—Sweetbreads in Cases—Fried Sweetbreads—Sweetbreads à la Toulouse—Sweetbreads à la St. Cloud—Ris de Veau à la Melita—Fillets of Sweetbread with Aspic Jelly—Ris de Veau à la Marie Louise—Ris de Veau à l'Impériale—Sweetbread with Pistachio Nut—Épigramme de Ris de Veau—Ris d'Agneau à la Milanaise—Lambs' Sweetbreads and Spinach—Petites Caisses de Ris d'Agneau au Gratin—Escalopes de Ris de Veau à la Dauphiné—Escalopes de Ris de Veau à l'Archiduchesse—Ox Kidney Sauté—Tripe à la Française—Calves' Brains à la Spezia—Minced Veal—Veal Croquettes—Calves' Feet Fritters—Calves' Feet, Toulouse—Grenadins de Veau à la Nivernaise.

CHAPTER XXIX. FOIE GRAS AND OTHER ENTRÉES - - - - - 118

Petites Caisses de Foie Gras aux Truffes—Foie Gras Cutlets with Périgueux Sauce—Russian Kromeskies—French Kromeskies—Foie Gras Soufflés—Parfait de Foie Gras—Mousse of Foie Gras—Sweetbread in Timbale—Timbale à la Milanaise—Vegetable Chartreuse—Chartreuse en Demi Duel.

CHAPTER XXX. ENTRÉES OF POULTRY, GAME, ETC. - - - - 121

Zéphyrs de Caneton à la Belle Île—Miroton de Dindonneau à la Châtelaine—Grenadins de Lapereau à la Maintenon—Small Galantine of Chicken—Fillets of Chicken in Aspic—Curried Fowl—Rice for Curry—Filets de Volailles à la Boulangère—Stewed Chicken, Marengo—Fillets of Chicken, Suprême—Fillets of Fowl à la Bigarure—Fillets of Chicken, Régence—Fillets of Chicken, Duchesse—Fricassee of Fowl—Blanquette of Fowl and Mushrooms—Quenelles of Chicken, Française—

Page

Chicken Quenelles, Lucullus—Chicken Bread, Victoria—Chicken Zephyr, Cream Sauce—Parisian Timbale—Victoria Sausages—Chicken Fritters—Chicken Panada, Princess—Petites Timbales à la Royale—Small Chicken Soufflés—Compote de Pigeons à la Financière—Pigeon Compote and Peas—Compote de Pigeons à la Zingara—Pigeon Medallions and Asparagus—Pigeon Cutlets—Pigeon Cutlets, Bourguignotte—Pigeon Cutlets, Pompadour—Pigeon Cutlets, Lucullus—Pigeon Fillets, Varenne—Pigeon Turban—Fillets of Guinea Fowl—Fillets of Grouse à la Bohémienne—Lark Pudding—Mauviettes à la Comtesse Rosetti—Crépinettes à la Chasseur—Larks in Small Cases—Larks, Montgolfier—Lark Turban—Filets de Mauviettes en Caisses aux Fines Herbes—Filets de Mauviettes en Hâtelettes—Quails, Syrienne—Stuffed Quails in Casserole—Quails Farced à la Financière—Quail Salmis and Stuffed Tomatoes—Farced Quails in Cold Consommé—Compote of Quails and Farced Olives—Turban of Quails—Quail Cutlets, Périgord—Quail Cutlets, Villeroi Quail Cutlets, Financière—Farced Quails, Rothschild—Fillets of Hare, Neapolitan—Fillets of Hare, St. Hubert—Hare Cutlets, Reform—Turban of Hare and Mushrooms—Petits Pains de Lièvre à l'Essence—Small Cases of Game—Salmis of Partridge and Truffles—Chartreuse of Partridge and Cabbage—Fillets of Wild Duck, Bigarade.

CHAPTER XXXI. MEAT ENTRÉES - - - - - - - - - 135

Smoked Tongue—Ox Palates—Ox Palates with Stuffed Tomatoes—Noisettes of Lamb with Asparagus Points—Mutton Cutlets, Victoria—Mutton Cutlets, Alexandra—Mutton Cutlets, Chevreuille—Mutton Cutlets, Pompadour—Mutton Cutlets, Descartes—Mutton Cutlets, Eugénie—Cutlets of Lamb, Maintenon—Grenadins de Veau à la Jardinière—Veal Kernels—Tendons of Veal—Beef Olives, Lucullus—Fillets of Beef, Neapolitan—Fillets of Beef, Strasburg—Steak à la Bordelaise—Steak à la Maître d'Hôtel—Steak à la Béarnaise—Steak à la Chateaubriand—Steak and Oyster—Tournedos of Beef—Scallop of Beef with Turnip—Scallop of Beef, American—Scallop of Beef, St. James—Fillets of Beef, Sydney—Fillets of Beef, Seville—Vienna Steaks—Fillets of Beef (Cold)—Fillets of Beef, Gratin—Cutlet of Beef, Rome—Minced Beef—Fillets of Beef, Orient—Filets de Porc à la Crapaudine—Foie Gras Sévigné—Côtelettes d'Agneau à la Menthe.

CHAPTER XXXII. POULTRY, MEAT, AND GAME PIES, ETC. - - - 142

Pigeon Pie—Veal and Ham Pie—Rump—Steak Pie—Steak and Oyster Pie—Chicken and Ham Pie—Shepherds' Pie—Partridge Pie—Venison Pie—Hare Pie—Rabbit Pie—Steak and Kidney Pie—Jugged Hare—Haricot Mutton—Kidneys with Bacon—Stewed Pigeons—Raised Pheasant Pie—Paste for Raised Pies—Raised Pies with Hot-water Paste—Galantine of Veal—Galantine of Chicken—Pressed Beef—Pickle for Brisket of Beef.

CHAPTER XXXIII. JOINTS - - - - - - - - - - 147

Roast Sirloin of Beef—Braised Sirloin—Roast Fillet of Beef—Roast Fillet of Beef, Reform—Braised Fillet of Beef—Braised Fillet of Beef, Milanese—Fillet of Beef, Lorraine—Braised Fillet of Beef, Roman—Braised Fillet of Beef, American—Braised Fillet of Beef, Palestine—Braised Fillet of Beef, Sevano—Braised Fillet of Beef, Delmonico—Braised Fillet of Beef, Ligny—Boiled Beef—Round of Beef—Roast Leg of Mutton—Boiled Leg of Mutton—Braised Leg of Mutton—Stuffed Leg of Mutton—Roast Shoulder of Mutton—Stuffed Shoulder of Mutton—Rolled Shoulder of Mutton with Oysters—Roast Saddle of Mutton—Braised Saddle of Mutton, Grand Duke—Braised Saddle of Mutton with Celery—Boiled Neck of Mutton—Roast Neck of Mutton.

LIST OF PLATES

DIVISIONAL-VOL. IV

	Page
"Raised": A Sporting Scene Piped with Sugar (*Coloured*)	*Frontispiece*
Specimens of Gum-Paste Ornamentation	2
Modelling in Plasticine	4
Piped Designs for Cake Sides	8
Animal Outlines for Piping	12
Specimens of Modelling in Sugar	16
Pulled Sugar and Nougat Centre Pieces (*Coloured*)	20
Built Meringues	24
A Three-Tier Wedding Cake	34
Cold Entremets (*Coloured*)	44
Four Presidents Sam B. Leicester. William Arundel. Henry Smith, J.P. Richard Taylor.	54
Moulded Ices (*Coloured*)	64
Specimens of Cake Decoration	80
Moulded Marzipan Fruits (*Coloured*)	100
Four Notable Bakers W. H. Palmer. Joseph Merritt. B. T. Bell. W. H. Curtis.	140

THE MODERN BAKER
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CHAPTER I

MOULDING AND CASTING FIGURES IN GUM PASTE

In addition to the piping on wedding cakes, natural and artificial flowers and leaves are used. It is the usual practice in some high-class establishments to decorate all large cakes with natural flowers, and as much as thirty shillings for this purpose is allowed for a three-tier wedding cake costing about ten guineas. The flowers are generally made up in festoons, sprays, and horseshoes, with a wreath for the bottom, and a bouquet for the top to be placed in a vase. Orange blossoms, white roses, various kinds of lilies, and other white flowers, mixed with small leaves, are used for the above purposes; they are fastened on with white pins.

Natural Flowers on Wedding Cakes.

Formerly the preparation of gum-paste ornaments, flowers, and leaves formed an important branch of the confectioner's work. Many of the older business houses had in use a large stock of moulds and other utensils for this work. Gum-paste ornaments were also much used for decorating wedding and other cakes, but these have now been superseded by various ornaments made with china, in the shape of Cupids and vases for holding natural or artificial bouquets. There does not appear to be any indication of gum paste again becoming popular. The demand is more than ever for those decorations which are quickly prepared and at moderate prices.

Gum-Paste Ornaments.

There is even greater objection to gum-paste ornaments than to decorations in royal icing on the ground of hardness. For show cakes and dummies, however, gum paste has still its uses, and it lends itself especially to the preparation of show pieces for the shop window. There is no quite definite recipe for the preparation of gum paste. Its general composition, however, is always a mixture of gum tragacanth, icing sugar, and fine starch powder. The gum is soaked in cold water until it becomes quite soft and soluble, only enough water being used to make it of a thin jelly-like consistency. As there is invariably a quantity of foreign matter amongst the gum, it may be necessary to pass it through

To Prepare Gum Paste.

a piece of muslin before mixing. It is then made into a smooth, pliable dough, with a mixture of about 4 oz. of starch powder to 14 oz. of finest icing sugar. In the course of mixing, a little liquid blue should be added to the gum to make the paste look very white when it dries. As another precaution to ensure whiteness, care must be taken that the slab on which the paste is mixed and the mixer's hands are scrupulously clean. When the dough is made it should be kept in a jar with a lid, or under a basin on the slab, and only the quantity being manipulated should be exposed to the air, as it so readily becomes dry and crusted. The gum for the paste requires to be soaked in cold water for twenty-four hours, or until the whole becomes quite soft and pulpy and free from any hard pieces; and as it is frequently dusty, it should be washed by passing a stream of cold water over it in a wire sieve before soaking.

Moulding with Gum Paste.

Moulding the paste is an operation requiring care and patience. Moulds may be prepared by the confectioner himself with plaster of Paris, from figures or designs modelled with plasticine or wax, or from metal work on which there may be some suitable design. Special moulds for this work may, however, be bought at a moderate price (fig. 86). In casting or moulding with gum paste the mould is first dusted with a little starch powder shaken in with a muslin bag, or the mould may be quite filled with the powder and then emptied and tapped gently several times on the table to remove all the powder except the thin film adhering to the design. The gum paste is then pinned out to about the length and thickness required to fill the mould, and is pressed in gently but firmly with the thumbs. Too much pressure must not be used or the paste is likely to stick. If the mould is more than full, the excess paste is cut off level with the edge of the design with a sharp knife. A slight tap of the edge of the mould on the table ought to be sufficient to relieve the casting. If it sticks, it is either because too much pressure has been exerted or because the mould has not been properly prepared and dusted. When the design is very delicate or very thin, it is necessary to strengthen it by fixing fine netting on the back. After the casting is trimmed in the mould the back is brushed with a thick solution of gum arabic, and a piece of netting about the same width and length as the design is pressed evenly on it. The mould is then tapped gently,

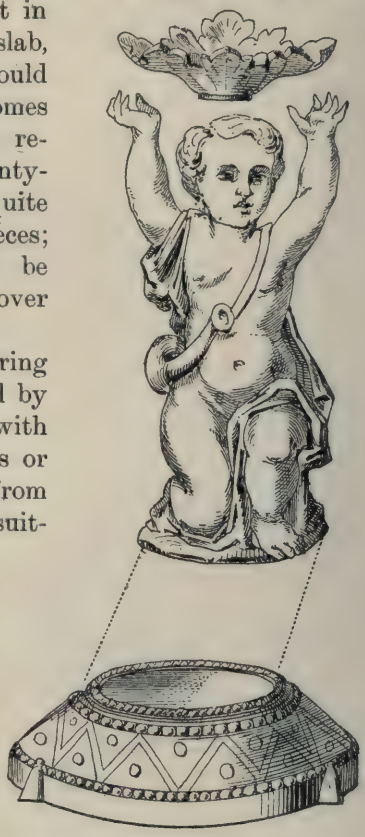


Fig. 86.—Plaster Moulds for Table Ornament

SPECIMENS OF GUM PASTE ORNAMENTATION

and the gum-paste design is relieved but adhering to the netting. The Plate, SPECIMENS OF GUM-PASTE ORNAMENTATION, shows some neat designs moulded in the manner described above, the figure being first modelled in plasticine and then cast with plaster of Paris. These pieces can be used for bending while soft round the side of a cake, or for edges, or for building a drum for the top of a wedding cake on which the vase containing the flowers stands.

Character of Plasticine.

With some knowledge of modelling, either with plasticine or soft wax, various models may be prepared for casting in sulphur or plaster of Paris. The moulds prepared with either of these materials may be used for moulding with gum paste, stearine wax, marzipan, or grained sugar. Plasticine is in many respects the best material for the purpose. It is easily worked, does not dry hard, and may be used without covering with oil or fat when casting the moulds.

Modelling a Cupid.

The Plate, MODELLING IN PLASTICINE, shows four stages in the modelling of a Cupid. This was shaped with the fingers and finished with a small modelling tool. The figure is fixed securely on a piece of zinc to prevent its being removed when raising the casting made with the plaster. This work is not very difficult, and becomes very easy after a little practice. The fourth figure on the plate shows a mould prepared from the model, made with fine plaster of Paris in the manner explained in the following directions.

Casting from a Modelled Cupid.

Prepare four pieces of clay or plasticine ½ in. wide and 2 in. deep, joined securely together round the figure so as to leave a margin of about 1 in. Place sufficient plaster of Paris of as fine a quality as possible in a bowl and cover with water. Mix together, and, when the mixture begins to thicken, pour part over the model until it is barely covered. Blow on this plaster while still soft, so that it is forced into each small groove on the figure; then add the remainder to make the mould about 2 in. deep. Allow all to set quite firm before removing. Within thirty minutes the mould should be raised and put to dry for a few hours in an ordinary drying oven. To protect the sides of this or other similar moulds from breaking while in use, a piece of felt or baize should be glued on.

Preparing Double Mould for Peach.

The preparation of the above mould is very simple as compared with some others that are larger and must be made in sections. To give some simple ideas of the method generally adopted for the preparation of these moulds, we shall take one suitable for moulding almond-paste peaches. Prepare a small frame of wood or clay 3 in. deep, from 3 to 4 in. square. Cover the inside with oil or any soft fat and half-fill with soft plaster. With a camel's-hair brush cover a nice-shaped fresh peach with oil and press this halfway into the plaster. With the point of a small knife make two holes on one side of the latter about 2 in. apart. Prepare a second mixture of plaster, cover that which has set in the frame with oil, and fill above the level of the peach with the soft mixture as it begins to thicken. When the

whole has set quite firm, remove the frame, pull apart the two halves of the mould, take away the fruit, and the mould is ready for use.

Use of Sulphur in Mould-making.

Sometimes the centres of these small moulds are prepared with sulphur. In this case the small mould of sulphur is made in two separate pieces, and enclosed in a frame of plaster of Paris. There is an advantage in using sulphur moulds, as they give a better finish than those prepared with plaster only. Such moulds are useful for making moulded fruits, cockles with cherry centres, green paste almonds, and other fancy bonbons for crystallizing or covering with caramel sugar.

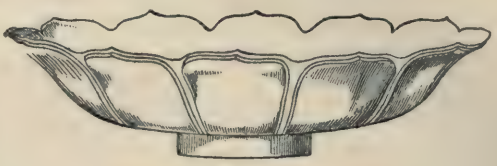


Fig. 87.—Plaster Moulds for Wax Centre Piece

Moulded Stand in Rice, Wax, or Sugar.

For table decorations, for dishing up entrées, or for choice pieces of confectionery, centre stands are made from carved blocks of prepared rice, or are moulded in stearine wax or grained sugar. Plaster moulds (fig. 87) are necessary when the stands are made with sugar or wax. The moulds are soaked in cold water for at least one hour before using. In either case, moulding with these materials is not a difficult operation. To obtain a wax model, take the required quantity of wax and melt this over a *bain-marie* (on no account must it be made very hot). Remove the mould from the water, shake thoroughly to obtain a clear surface, and fill in with the liquid wax. In a few moments this will have set quite firm. The several parts of the mould may then be removed, to liberate the moulded wax.

Fig. 88.—Grained-sugar Compote Stand

Making Grained-Sugar Ornaments.

To mould these articles in grained sugar (fig. 88), boil the required quantities of sugar and water to the soft-ball degree. Remove from the stove and stir the syrup with a spoon until it begins to thicken and becomes opaque. Drain off all excess water from the mould, fill in with the grained sugar,

MODELLING IN PLASTICINE

(The last figure is a plaster cast from the finished model)

and allow to lie for ten minutes before removing from the mould. If these stands are wanted hollow, this may be accomplished by pricking a small hole into the warm wax or sugar before setting firm, and turning the moulds upside down to run out part of the filling.

Hollow Grained-Sugar or Wax Stands.

CHAPTER II

LACE PIPING AND CHOCOLATE MEDALLIONS

Moulded festoons or moulded figures are frequently used for the sides of cakes. These are made either in gum paste or marzipan. Figures are used for inset panels and make the side of a wedding cake appear much better than if wholly piped (see Plate, SPECIMENS OF CAKE DECORATION). The fashion within the last few years has grown in favour of making all the piping very light, mostly hollow and following patterns that are familiarly called *lace work.* As this takes much care and patience, and as it is generally necessary to pipe from several different directions, this fine work must be done off the cake. Pieces of tin or zinc neatly bent to

Modelled Plaques and Festoons for Cakes.

Lace or Net Piping.

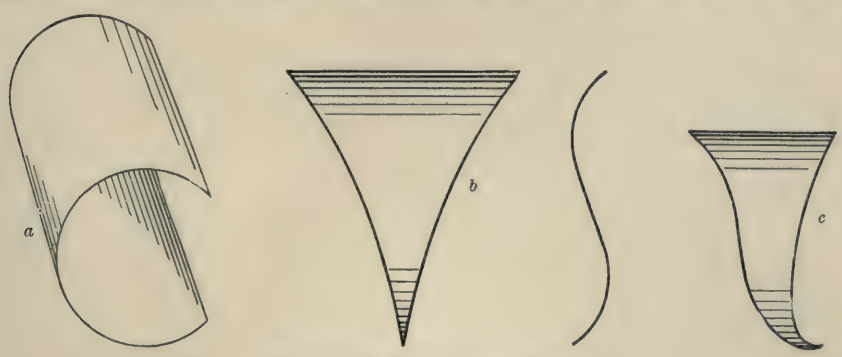


Fig. 89.—Zinc Shapes for Lace Piping

the desired shapes (fig. 89) are covered with fine waxed paper on which the design, if a difficult one, has been drawn with pencil on the unwaxed side, and, as the paper is quite transparent, this is easily seen on the upper side. The pieces have to be piped in small portions at once, but as there are many parts that should be exact duplicates of each other, it is a good plan to take a number of pieces of waxed paper corresponding to the number of duplicated parts required, and draw the desired design on all at once with a pencil and pieces of carbon paper between the pieces of waxed paper. Exact duplicates of the design are obtained in this way with the minimum of trouble. The fine piping readily leaves the waxed paper when the work is finished, and is then fixed on

Duplicating Designs.

the border of the cake, or wherever wanted, with a little piping sugar. The fine piping is usually made strong by simply piping one fine line on top of another. Fig. 89 shows some of the shapes that may be used for this kind of work.

Chocolate Medallions for Cakes.

On birthday cakes small chocolate medallions produce nice contrasts in colour with the white or coloured sugar. The medallions for cake sides are generally round or oval, and have figures, scenes, or monograms piped on them. For cake tops, round, oval, or shield-shaped medallions are used, and on these the inscriptions required are piped. A chocolate centre *run* on the cake top with coloured royal icing or with chocolate fondant is always flat and soon becomes dull, and does not look nearly so well as

Soft Chocolate Centres on Cakes.

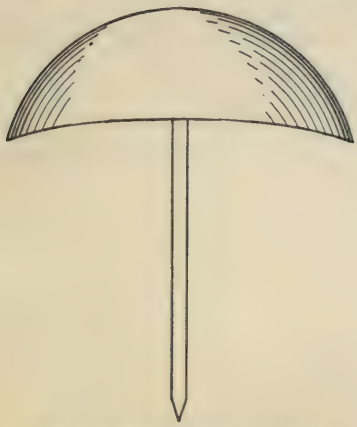


Fig. 90.—Quarter Sphere on Nail for Lace Piping

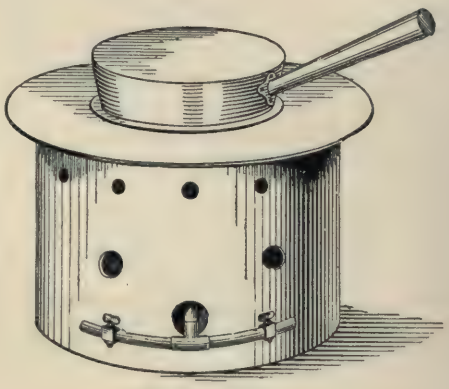


Fig. 91.—Bain-marie

a properly moulded medallion of chocolate, neatly piped and decorated with flowers, leaves, figures, &c.

Chocolate Dough.

These may be prepared by warming small cakes of chocolate until quite soft, and shaping this dough in moulds. The medallions are best made in lots at once and kept well wrapped until required. When the cakes of chocolate are prepared with other material than pure cocoa, sugar, and cocoa butter, small streaks appear on the medallions as the mixture hardens. For the Christmas season, when a large number are required, these should be prepared in advance, covered with thin soft paper, and stored in air-tight boxes.

To Keep Medallions.

Preparing the Paste.

For the dough weigh into a clean pan 1 lb. of pure, unsweetened block cocoa, cut into small pieces. Place the pan over a *bain-marie* (fig. 91), and warm the cocoa gradually until it melts. Then mix in $\frac{1}{2}$ lb. of cocoa butter. When both substances have dissolved, stir in enough warm dried icing sugar to form a medium stiff dough. Remove the pan from the *bain-marie*, knead the dough with the hand, and place this in the drying cupboard for six or seven hours before moulding. On no account should the dough be made hot. It should be kept at

a temperature of 85° to 90° F., as overheating will cause the chocolate to change its colour quickly. The quantity of icing sugar necessary to form a dough of a working consistency will be between 1 and 1¼ lb., but this greatly depends upon the quality of the cocoa and the cocoa butter used.

Quantity of Sugar to Use.

For preparing the medallions use only moulds that are quite smooth and bright. Warm these upon the oven stock, and with the fingers press in sufficient dough to fill the shallow moulds. While this is being done gently tap the moulds on a cloth on the table, and as soon as the chocolate shows an oily surface place them at once in a cool place to set firm. As the chocolate hardens it will contract and come away from the side of the mould. The medallions should be taken out, but without touching the smooth surface of the chocolate. They are placed on papered trays ready to receive a coating of varnish. Moulded chocolate dough requires to be quickly cooled, to prevent the ingredients from separating. The cooling may be effected quickly by placing the moulds upon crushed ice for a few minutes, then removing to the coolest part of the bakery and leaving them until the chocolate leaves the sides of the moulds. Slow cooling, bad moulding, or heating the dough too much spoils the surface of the chocolate plaque. The best moulds for these articles are of thin tin, slightly concave, and with polished surface.

How to Fill the Moulds.

Use of Ice for Cooling.

There are two other methods of moulding which will also answer the purpose. The first is that usually adopted in factories, where the dough is made soft and placed in the mould with a small brush. A thin coating of chocolate is added, and when quite dry another is run over it. When turned out of the mould these medallions are much thinner and more profitable than those made solid. A third method is to line the moulds with a thin coating of unsweetened block cocoa, and when this has set firm, to fill in with ordinary chocolate dough. The disadvantage attending this method is that the unsweetened cocoa is not so rich in colour as the reddish-brown chocolate.

Another Method of Moulding.

Third Method of Moulding.

As chocolate is very hygroscopic, the surface of the medallions must be protected from the air by covering with varnish prepared with 14 oz. of rectified spirits of wine, 3 oz. of resin, 3¾ oz. gum sandarach, and ½ oz. of brown shellac. Crush the dry ingredients together, heat the alcohol to 94° F., place all together in a bottle, cork this, and store in a warm cupboard for twenty-four hours; then pass through a filter paper. This varnish must be applied smoothly with a broad camel's-hair brush. This mixture does not make a thick sticky varnish, but two coverings are necessary to form sufficient glaze on each medallion. The varnish should not be applied to the chocolate too soon after moulding, as the spirit evaporates in a short time, and the varnish becomes smeared if brushed while in this condition. This varnish should be kept stored in a corked bottle when not in use.

Recipe for Medallion Varnish.

Another Varnish Recipe. Another kind of varnish is made by mixing together 4½ oz. of gum benzoin with 1¼ gill of rectified spirits of wine.

Chocolate Easter eggs may be prepared with dough as for medallions. Two thin coatings of this are necessary to have the eggs of the proper thickness. If the dough is too soft or "runny", add more warm icing sugar. The eggs may be filled with fondants, chocolate creams, or other fancy bonbons, the separate halves sealed together with chocolate dough, and wrapped in tinfoil to preserve the glossy surface. For show purposes it is necessary to coat them over with the varnish.

Chocolate Easter Eggs.

Grained sugar may also be used for the manufacture of Easter eggs. In this case the eggs are cast in plaster moulds. They are prepared in exactly the same manner as described for making sugar centre pieces (see p. 4). These should be made hollow, filled with chocolates, or other dainties, and an inscription or some fancy design piped on top.

Grained-Sugar Easter Eggs.

CHAPTER III

FIGURE AND ART PIPING

It is very probable that if the average confectioner had been confronted with the above title, say twelve years ago, he would have been at a loss as to its exact meaning, for it will be generally admitted by "old stagers" that, as far as the exhibition bench or shop window was concerned, the art of figure piping was then in its infancy. There were a few—a very few—exponents about that time, but they kept their work at home, and if they did bring it out occasionally it was assumed by others to be something turned out of a mould, and no further comment was passed upon it. At about the advent of the new century, however, this kind of work began to creep into the confectionery classes at the big exhibitions, and when figure piping pure and simple beat all other forms of artistic work in the sugar line in a class specially devoted to artistic confectionery, it was interesting to see how exhibits of this kind began to increase, so that now it is a standard form of decoration. The majority of those who attempt it have discovered that it is not quite so easy as it looks.

Figure Piping a New Art.

The writer of this chapter has had large experience, and has met with considerable success in this branch of work. He will here draw upon this experience to give some instruction to others who may wish to practise the art, accompanied by original designs, which are the outcome of either memory, imagination, or close observation, but certainly not copies from anybody's work. He does not mean it to be inferred from this that students and persevering figure and landscape

Originality of Design.

PIPED DESIGNS FOR CAKE SIDES

pipers should *not* copy, but he would advise all those who have become proficient in copying, and those who have the gift or have acquired the art of freehand drawing, to strike out as early as possible on original designs of their own. He has stated before in print, and it will bear a good deal of repetition, that the finest copies extant are from nature's own handiwork.

Where to Seek Models.

We may find subjects for our paper cornet everywhere around us—on the river, in the street, the park, the country lane, and even in the Zoological Gardens. Limited to a few yards of exercise ground, most members of the deer tribe may be observed in those gardens, and in that confined space you may easily see the proportions of the stag and his stately walk; you may observe, too, the stork and the crane as they stand like sentinels by the edge of the water as if watching for fish that do not exist there; the lion, tiger, and leopard, too, which are all object lessons in their way for the figure piper; and when you have got them on your medallion or whatnot, with that natural attitude embodied in the design, their identity becomes unmistakable. It is this identity we have to aim at all through the practically boundless studies with which nature has provided us, not only in the animal world but in their equally important environments, such as trees, shrubs, and general landscape. It is the writer's intention to assist the student, if possible, in the art of making a veritable sugar picture, and to gain this end the surroundings are as important as the figures.

Preparing Icing for Figure Work.

As these instructions appeal mostly to learners, it will be well first of all to lay down simple rules for making up the royal icing for our studies. This is very simple, and may be made as follows. Break two or three whites of eggs (quite free from yolk) into a very clean basin; then add enough of the very best icing sugar to these (probably 6 or 8 oz.) to make a fairly thick paste when stirred together. Add a very slight dash of powdered blue, and two or three drops of acetic acid, or a little lemon juice if acid is not available. Beat this well together till it becomes light and white, using a small wooden spoon or a wooden spatula for the purpose. When you think it is beaten sufficiently pull up the spoon perpendicularly, and if the icing hangs downwards from the spoon (as an icicle from an iron spouting would) it is beaten enough for our purpose, although it would not be beaten enough for wedding cakes. Having got your icing to this stage, put a damp cloth over the basin to keep the icing from crusting on the surface. Take a paper cornet of small size and about half-fill it with the icing; close in the top, and cut the point so that a small round hole is formed.

Signs of Readiness of Icing.

Best Materials to Pipe on.

Have ready a large slate, a black japanned tray, or some other dark foundation to work on, and, if you are a real beginner, procure some drawings of birds, dogs, horses, &c., from the very excellent fanciers' papers which now exist, to copy from. The majority

of these pictures are either reproductions of photos from life or from drawings by artists who are themselves naturalists. See the Plate, ANIMAL OUTLINES FOR PIPING. These pictures are most valuable for your purpose. The outline can be copied in sugar on to the slate or tray, and repeated over and over again till the outline form assumes the correct proportions. Further progress can be made by filling in the body, as all the best artists make it plain to the casual observer where the greatest relief is required in a black-and-white study, whether it is a bird or a stag, and of course the copyist will do well to follow out those indications and get his relief accordingly. Birds are about the simplest studies for a figure piper, and perhaps dogs and the smaller quadrupeds come next; and the writer has found that stags lend themselves more readily to the sugar artist than horses, perhaps because their horns do so much to establish their identity. Whether the student finds one more difficult than another or not, it will be well for him to stick to the object he has in view and overcome his difficulties, and when his art of proportion and anatomy is once acquired he will find the task is a very easy one when it comes to grouping. It is at this stage that he should dispense with his copies and study nature as much as possible, so that he can make up his own groups or copy those from the parks or country lanes.

Subjects from Fanciers' Journals.

Birds a Simple Subject.

Stags Easy.

Horses Difficult.

Grouping should be Original.

In the management of such studies as a flying bird, a huntsman on horseback, or a lion, considerable care has to be exercised with the royal icing. It has to be fairly soft, but not soft enough to go beyond the form the subject is intended to be. In the case of the flying bird, it is necessary to let the body get fairly dry before piping on the wings; otherwise they will sink in, and with their additional bulk will spread the outline out of shape. For the same reason it is necessary to let the huntsman's horse dry before you put the rider on his back, or his legs will sink in. With the lion, make him first like a lioness (maneless), and when that is dry the mane can be added with safety. The icing should be made a little stiffer for such purposes as these, however. A small quantity taken out of the basin, with a little more sugar added, would answer this purpose, and then the mane of the lion can be piped on in irregular streaks, commencing with the semblance of a rough crown on top of the head and between the ears. A very great deal depends on how this mane is managed, but when well done it is a good subject, and will draw far more attention perhaps than the most elaborate bit of scrolling or lace work that may have taken treble the time to accomplish.

Flying Birds.

Piping Lions' Manes.

Should, however, the freehand copyist find it very difficult to copy pictures in the manner described, owing to lack of draughtsmanship in his composition, or even lack of patience, another and simpler method may be adopted, namely, to place a sheet of glass

Copying by Tracing.

over the picture and then trace the outline of the subject thereon with the piping bag. This will not be such meritorious work as that accomplished by freehand, but still it will leave a strong white outline, and the piece of glass can be filled up with such outlines. After this a piece of black paper may be lightly gummed at the back, and the student can then copy from these freehand once more, for it is the freehand work, and that only, that leads up to originality, which should be the ultimate goal.

Piping on Glass.

The next thing to be considered is grouping. A group of deer or cattle, land birds or water fowl, all lend themselves readily to figure piping. Here a good illustrated book on natural history, or the excellent periodicals devoted to sport and country life, may be of great assistance, supposing the operator's visits to the real scenes are infrequent. A great variety of trees may be found, too, in these periodicals, with rustic cottages and the like, mostly reproduced from actual photographs. Notice in them how distant objects melt away, so to speak, and work your sugar accordingly, bringing the foreground objects out as boldly as possible. By these means you get perspective.

Grouping Animals.

Country and Sport Journals to Copy from.

The figure piper of to-day has immense advantages over those of over a decade ago, for if our memory is at all lacking at the present time as to colour of rustic scenery, the professional artist has come to our assistance with the popular and inexpensive post card. There we can find, if need be, subjects which will embrace the four seasons of the year, and the confectioner's "colourist" will supply us with almost any tint that is required. If the piper is bent on landscape, spinach green, saffron or yolkine, browning or "black jack", and carmine will, if properly blended, produce all the effects that are necessary, on a chocolate medallion for instance. They require blending just in the same way as water or oil colours. The green as a rule is too "violent", so it has to be sobered down with a little of the yolkine and black jack. Yolkine and browning blended in different proportions (without the green) are exceedingly useful in autumn tints—just such a scene, in fact, as that shown on the coloured plate entitled "RAISED".

Mixing Colours.

In landscape piping a good knowledge of trees is as indispensable as that relating to the general anatomy of birds and quadrupeds, as the branches and foliage of the majority of them have all their own peculiar characteristics. Note, for instance, the marked difference between the poplar and the oak, or the horse-chestnut and the birch. It may seem unnecessary to attempt to make these distinctions in sugar, but as long as there does exist a wide divergence in their form we may as well represent them as nearly like the model as paper cornet and royal icing will allow us. If we desire to represent an oak tree, we can make its trunk somewhat rough and thick in proportion to its height. The branches should spread out almost at

Landscape Piping.

Different Features of Trees.

To Pipe the Oak.

right angles, and twist and turn in a most wayward fashion. In the autumn the leaves turn a reddish-brown, and should be treated accordingly. The poplar tree is very useful to convey the idea of distant effects, as they are generally seen in a line, and their branches having a tendency to grow upwards, they reveal their identity clearly enough, even when seen at any range It is absolutely necessary, however, to pipe them very faintly and very small in comparison with the trees in the foreground, in order to get the necessary effect of perspective; for it seems to be an established rule that these trees should be associated with our rural scenery, but seldom associated with woods and forests. The beech is a beautiful "autumn" tree, the bark being comparatively smooth and of a greyish tint, while the leaves at that period are a brilliant reddish-yellow, showing up well in a subject piped in colours. It is trees and tints such as these that may be safely introduced in fox-hunting and pheasant-shooting scenes, always avoiding the brilliant greens of spring and summer for such subjects.

Autumn Tints.

Poplar Trees.

Use of Trees in Perspective.

The Beech Tree.

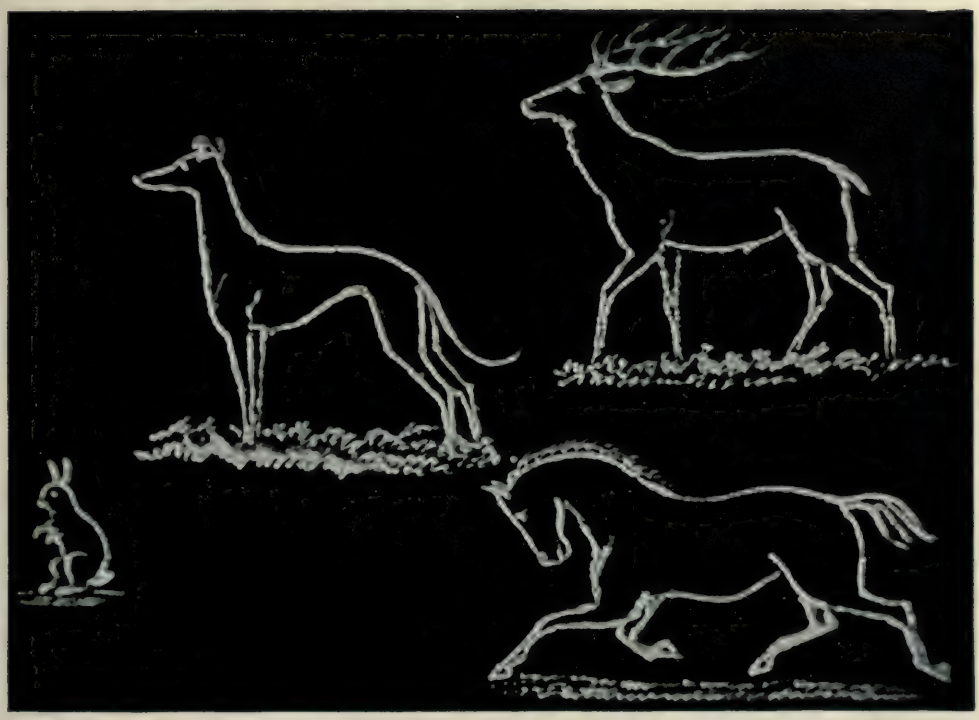
The writer has sanguine hopes that art piping will still go on gathering recruits. In many ways it helps to relieve the monotony at our exhibitions. It helps to elevate the mind and educate the hand of the operator, and it makes him a keen observer of nature's pictures.

CHAPTER IV

BOILING SUGAR

Boiled sugar is used for covering fruit and almond-paste centres, or in the preparation of centre pieces for table decoration, made with caramel, spun, grained, or pulled sugar. It is prepared by boiling to a given temperature a solution of sugar and water with a little cream of tartar or glucose. The clear solution of sugar is made by adding 1 gill of water for each pound of sugar, and heating to 220° F. It is necessary that all the sugar crystals should be dissolved before the syrup begins to boil, as the lumps do not readily dissolve in the boiling sugar, and if in little pieces may cause recrystallization and grain the whole mass. Very slow boiling changes the colour of the sugar, and for this reason the copper pan containing the liquid sugar should be set over a good bright fire that it may boil quickly. Another point to remember is, that by adding more water than is necessary, the sugar has to remain longer on the fire before the required temperature is reached, and this tends to spoil the colour. At the same time enough water is required to dissolve the sugar crystals thoroughly; the quantities given above should prove sufficient.

Uses of Boiled Sugar.



ANIMAL OUTLINES FOR PIPING

A sugar thermometer (fig. 92) is generally used for testing the boiling sugar; there are other means of ascertaining this, but they are not so clean or so reliable. The following scale will serve as a guide for those who are not acquainted with the thermometer:—

Sugar Thermometer.

Degrees of Boiled Sugar.

Syrup	=	220° F.	Soft ball	=	245° F.
Thread	=	225 „	Hard ball	=	250 „
Pearl	=	230 „	Soft crack	=	280 „
Blow	=	235 „	Hard crack	=	312 „
Feather	=	240 „	Caramel	=	350 „

As just stated there are other ways of testing the boiling sugar without a thermometer. A perforated iron spoon, a piece of bent wire, or the fingers only, may be used. The spoon or piece of wire may be employed with fair results until the sugar reaches the soft-ball degree. Then it is necessary to use the fingers.

Use of Perforated Spoon or Wire for Testing.

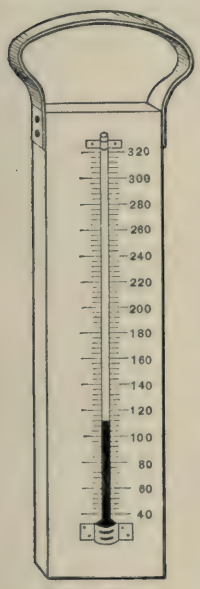


Fig. 92.—Sugar Thermometer

The first workable degree to which sugar is boiled is that known as the *blow*. To test roughly for this degree the spoon or piece of bent wire (Vol. I, p. 330) is dipped into the sugar, and then lifted out and blown through, when small particles of clear syrup will blow off. The next degree is that known as the *feather*. When the boiling sugar has reached this stage it may be blown easily from the spoon or wire in long shreds. The *soft-ball* or full-feather degree is tested by making a small bulb of sugar between the fingers while cooling in cold water, or by obtaining long feathery pieces from the spoon or bent wire.

The Blow Degree.

The Feather Degree.

As the novice may be fearful about dipping his finger into boiling syrup, it may be stated that all that is required to prevent burning is to first dip the finger into water, then into the boiling sugar, then into the cold water again; but even if the finger is dipped into the hot sugar without previous wetting it does not burn. The explanation is that the moisture in the finger or, when water is used, on the finger forms a thin layer of water vapour, formed by the heat of the sugar, which serves as a vapour cushion and prevents actual contact between the sugar and the finger.

Precautions Against Burns.

For the manufacture of some fondant-cream centres for chocolate covering, sugar is boiled to the next stage, five degrees higher, known as the *hard ball*. This again is tested by dipping the fingers into the hot sugar, and quickly cooling in water. Some practice is required for this method of testing, to keep the fingers slightly bent while taking out the sugar, also while working this into a ball in the water. By holding the fingers quite perpendicular while dipping in the sugar, there is not suffi-

The Hard-Ball Degree.

How to Hold the Fingers to Dip into Sugar.

cient clinging to them to obtain satisfactory results, and again what quantity there is may readily drop off into the water and quickly dissolve. This does not so readily happen when more water has boiled out, and the sugar is thicker, when the next stage, the *soft crack*, 280°, is reached.

The Soft-Crack Degree.

Sugar at this degree quickly rises in temperature. Within a few minutes it will have reached the *hard crack*, and must be instantly removed from the pan if required for making pulled sugar. At this stage, if tested with the wet fingers, it will quickly set hard and will easily snap when pressed. Besides breaking this between the fingers to ascertain whether the sugar is ready, remove the pan to the side of the stove, while biting a small piece of the sugar between the teeth, and if it sticks to the teeth, return again and boil a few minutes longer. Sometimes sugar that has not been cooked sufficiently will grain while pulling, and will then be only fit for making syrup or black jack. Or where this does not happen, and the pulled sugar is used for building vases and other articles, these may fall to pieces, and all labour will be lost. As there is some difficulty, which can only be overcome by experience, in boiling and working sugar at this stage, the best plan is to test always with a sugar thermometer.

The Hard-Crack Degree.

Testing Sugar with the Teeth.

Sugar boiled to 350°, or what is known as *caramel*, is slightly dark in colour. At one time this was much used for making ornamental handles to decorate built trifles. Caramel is still used for some purposes. It should be of a bright golden colour.

The Caramel Degree.

If pure refined sugar is used for boiling, the goods made from it should, under fair circumstances, remain perfectly dry for two or three days, but this is impossible where the quality of the sugar is at fault.

Sugar Properly Boiled should Keep Dry.

When a boiling solution of sugar and water has passed the soft-ball degree, it may readily grain unless some kind of acid or glucose is added. Cream of tartar is mostly used for this purpose when the boiling has to be carried to a high temperature. If too large a quantity is used it will cause the sugar to change colour quickly, and goods covered or made with it are likely to be soft and sticky. One gram of cream of tartar, mixed with the smallest possible quantity of water upon a bright spoon, will be sufficient for 2½ lb. sugar, or 1 oz. to about 70 lb. of sugar. This should not be added until all scum has been removed from the boiling sugar, and the sides of the pan cleansed from hard particles. Boiling sugar intended for pulling or such purposes is all the better for the addition of a teaspoonful of glucose with the cream of tartar. Glucose should not be used alone as a preventive of graining when sugar for pulling is being boiled, as a larger quantity would be necessary, and as this softens more rapidly than sugar itself, a very small portion is needed.

Use of Acid and Glucose to Prevent Graining.

Use of Cream of Tartar.

CHAPTER V

CARAMEL NOUGAT

Caramel nougat is very useful for the preparation of many articles made for filling with whipped cream or mixed fruits. The nougat is prepared with chopped or filleted almonds, pistachio nuts, icing sugar, lemon juice, and glucose. To obtain nougat with a rich clear appearance and a golden colour great care is necessary in preparing the almonds. These should not be overdried before using. If blanched the day before use, they will then be soft enough for this purpose. As the nougat in most cases has to be pinned out thin on the slab, its appearance is quickly spoiled if hard dry almonds are used. These break when rolled along with the caramel sugar, and produce white specks on the surface.

Caramel Nougat.

Prepare the nougat as follows. Into a small clean copper mixing-bowl weigh 1 lb. of icing sugar, the juice of half a lemon, and a teaspoonful of glucose. Stand the pan over a steady fire, and stir all with a spatula until the sugar melts and changes to a light golden colour. The sugar during this process should be kept together in the centre of the bowl. Remove from the stove and mix in 12 oz. of chopped almonds, previously warmed and sifted to remove the very small pieces. Place the pan again on the fire, stir all together for a few moments, and turn out at once on a small baking sheet or thick sauté pan. To keep the nougat soft, while part is being used for shaping in moulds or for pinning out, stand this on the oven stock.

To Prepare Nougat.

A kind known as *nougat à la Parisienne* is prepared by melting the sugar and using warm, thin, filleted almonds. Split blanched pistachio nuts are also used, and placed upon the warm nougat while it is being shaped. These may be mixed in, if required, with the other almonds, but the colour is not so effective.

Nougat à la Parisienne.

Moulding or shaping the nougat with the fingers has to be done while the mixture is fairly soft. The moulds or other utensils used for the purpose should be warmed and covered with a thin coating of oil, clarified butter, or white vaseline. As noted, the nougat should be pinned out on a marble slab, but in addition it is well to have in use at the side a clean, greased, and warmed baking sheet. The paste may then be transferred from one to the other until thin enough for the purpose required, care being taken, however, not to allow it to become too cold for moulding. For many purposes the slab need not be used; two flat baking sheets are sufficient. The nougat basket shown on the coloured plate (PULLED SUGAR AND NOUGAT CENTRE PIECES) was made by pinning the paste very thin and pressing into warm greased moulds. This may be shaped in another way. The nougat is pressed in small pieces into the mould until the complete shape is obtained. This, perhaps, is the better method when deep fancy moulds

Moulding Nougat.

Another Method of Filling Moulds.

are used, but nougat pinned out thin and then moulded is much better for ordinary plain shapes.

When making several articles, or one on to which a number of other pieces of nougat have to be fastened, they should all be of one colour. This colour may be obtained by slowly rewarming the hard trimmings, which are made when cutting out the various shapes, and using the rewarmed material for the small extra pieces.

Uniformity of Colour.

Nougat Montélimar is another kind of mixture in which almonds are used. This is made to sell in small square or oblong pieces shaped in moulds on wafer paper. It is necessary, as much as possible, to protect this confection from the air, as it easily takes up moisture and softens. Prepare the following ingredients: 2½ lb. filleted almonds, 2¼ lb. lump sugar, ½ lb. blanched Sicilian pistachios, 1¼ lb. white honey, 6 whites, 2 vanilla beans, ½ lb. small bright cherries, ¼ lb. glucose, rose- and orange-flower water. Put the almonds and pistachios into a warm drying oven, in order that they may be quite dry when required. Place the glucose and honey together in a copper pan over the *bain-marie*, and stir these ingredients together until the mixture is made quite hot. Boil the sugar, and vanilla beans with 2½ gills of water and a pinch of cream of tartar, to the hard-crack degree. Whisk this in with the whites, which have been beaten to a stiff froth; remove the beans, and mix this meringue together with the honey and glucose. Continue to stir the mixture still over the *bain-marie* until it becomes stiff; then add the other ingredients along with a little rose- and orange-flower water. Fill into oblong frames which have been lined with wafer paper, cover over with the same paper, and when almost cold cut into shapes and wrap in wax paper.

Nougat Montélimar.

CHAPTER VI

SPUN-SUGAR DECORATION

There is not now so much spun sugar used in table decorations as there was some years ago, and amongst what may be called shop confectioners, as distinguished from those employed in hotels, the art of spinning sugar is almost unknown. Yet pretty things can be made from spun sugar, and on this account it is as well that modern confectioners should not altogether neglect this branch of the business. About 150 years ago spinning sugar was one of the high arts of the kitchen, and all sorts of fancy table decorations were made from spun sugar. Here is the instruction from an old work published 150 years ago to "spin a silver web for covering sweetmeats". "Take ¼ lb. of treble-refined sugar, in one lump, and set it before a moderate fire on a silver salver or pewter plate. Set it a little aslant, and when it begins to run like clear water to the edge of the salver, have ready a tin cover or china bowl, set

Old Method of Spinning Sugar.

SPECIMENS OF MODELLING IN SUGAR

on a stool with the mouth downward, close to your sugar, that it may not cool by carrying too far; then take a clean knife, and take up as much of the syrup as the point of the knife will hold, and a fine thread will come from the point, which you must draw as quick as possible backwards and forwards and also round the mould, as long as it will spin from the knife. Be very careful you do not drop the syrup on the web, if you do you will spoil it; then dip your knife into the syrup again and take up more, and so keep spinning until your sugar is done or your web is thick enough. Be sure you do not let the knife touch the lump on the plate that is not melted, it will make it brittle and not spin at all." A gold web was made by heating the sugar in a chafing dish over a charcoal fire. In the first case the melting of the sugar, to which no water had been added, would easily raise it to the thread degree, while the higher heat of the charcoal fire would produce caramel of some of the sugar, hence the golden thread.

Height to Boil Spinning Sugar.

The modern method of spinning sugar is to boil the required quantity of sugar and water, with a pinch of cream of tartar and a little glucose, to the hard-crack degree. Remove from the stove, and to prevent the sugar from changing its colour stand the copper pan in some cold water. When it has cooled sufficiently take it out of the cold water and place in a cake hoop in a slanting direction, so that the sugar comes to one side. Place two baking sheets lengthways, turned upside down upon the floor, and while holding a greased rolling-pin out straight over the sheets dip a spoon in the sugar, and with the left hand on a level with the shoulder spin off the sugar by shaking the spoon backwards and forwards over the rolling-pin. The sugar will fall across the rolling-pin in long threads. Continue the operation until enough spun sugar is obtained; then cut off the ends which adhere to the baking sheets, and press as required into moulds, or shape on the cold slab. When more sugar is required for spinning, and that in course of spinning is too firm for use, warm the copper pan over a slow fire so that the sugar does not change colour. By having two spoons ready for spinning the sugar some advantage is gained, as the sugar will quickly set firm upon these, and must be removed by tapping the spoon upon the table. When one is finished with, the other is ready for use, and no time need be lost. If possible the spun sugar should be prepared without needing to be rewarmed.

How to Spin Sugar.

Uses of Spun Sugar.

Besides spinning the sugar off from the spoons in the manner referred to, this may be accomplished by fastening two forks back to back; or a small bundle of wicker sticks or pieces of wire will answer the same purpose. The hard sugar may be quickly removed from these, and either will serve as well as the spoons. Whatever is used for this purpose should be warmed before being dipped into the sugar. Spun sugar is used for making birds' nests and for finishing many dishes of dessert, &c.

CHAPTER VII

PULLED-SUGAR WORK

Pulling sugar is a more modern art than spinning. The effect of pulling is to produce a bright sheen, and to make the sugar very crisp and free to eat. Pulled sugar, as used for table ornaments, flowers, &c., is made with sugar boiled to the hard-crack degree. It is worked backwards and forwards until the whole mass becomes silvery, with a rich sheen. To prevent the sugar from sticking to the slab the latter should be lightly coated with salad oil or white odourless vaseline, then smoothed over with thin paper. Only very slight oiling with either is necessary; if a large quantity is used it becomes highly heated by the sugar and burns the hands. In some factories gloves are worn by the workmen when pulling the hot sugar. This is not necessary when preparing small quantities for baskets, or for small pulled-sugar leaves for ices and other purposes. No fat should be rubbed on the hands; there is less danger of these blistering when kept quite dry. While pulling the hot sugar the surface should not be torn, and if care is taken in this respect the hands will be less affected by the heat.

Effect of Pulling Sugar.

Preparation of Pulled Sugar.

Preparing the Slab.

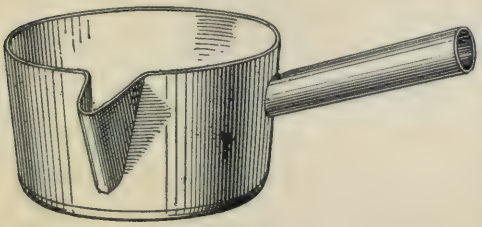


Fig. 93.—Sugar-boiler

When two or more boilings of sugar are required, sufficient sugar and water should be mixed for the lot, with a few drops of acetic acid, and the whole made into a clear syrup by boiling for a few minutes. Remove the scum, pass all through a hair sieve into a cool pan, and this will form the stock from which each boiling may be made. This method is much better than preparing a small quantity of sugar and water for each boiling. The stock sugar should be covered with a wet cloth to prevent a layer of crystals from forming on the surface.

Making Stock Syrup for Boiling.

Measure into a copper sugar-boiler (fig. 93) the quantity of clear syrup required, and stand the pan on the stove. Allow to boil as quickly as possible, and after a few minutes add the cream of tartar. When the syrup reaches a temperature of 312° F. pour at once on the oiled slab. After a few moments raise the edges of the sugar and turn these towards the centre. Wait for the sugar to cool further, then roll it into a ball and remove to the coolest part of the slab. Commence pulling by laying the left hand on the sugar and stretching it with the right hand. With the right hand holding one end of the sugar bring it over to the left, so joining both ends together. Repeat this operation until the

How to Pull Sugar.

whole mass becomes more solid, when both hands should be employed together by pulling out the sugar in a long thin band. By pulling the sugar out thin, about 4 to 5 in. wide, it quickly cools, and less pulling is required. It is important not to overwork the material during this process, and as little air as possible should be worked in. If this is done the sheen will quickly leave the sugar, which will grain and become useless. The bright sheen, which should be so pronounced on pulled-sugar articles, is made, not so much by working the sugar on the slab, as in the later operations of shaping and handling after leaving the cooling table.

Effects of Overworking.

How Sheen is Produced.

As soon as the sugar is sufficiently pulled on the slab roll it into a ball, place on a wire sieve, and stand this on the oven stock, or over a steam-heated iron table similar to the hot tables used in some hotels and restaurants. While shaping into fancy forms it should not be overheated. Overheating renders the sugar soft, and in consequence easier to handle, but it also causes it to grain and set firm like candy. Pieces of the pulled sugar may be slightly warmed by holding them over the flame of a small spirit lamp. The sugar is moved to and fro, so that no part becomes overheated and sticky.

Effects of Overheating when Moulding.

When coloured sugar is required use those colours that are in powder form, and dissolve in boiling water. Weak colours should not be used, as they lower the temperature and the gravity of the sugar. The colouring matter may be added to the boiling sugar a few moments before it is sufficiently boiled or directly it is poured on the slab. If suitable colours are employed this is the best method to follow. The best colours for boiled-sugar work are aniline powders. These are more expensive than some others used by confectioners, but are of exceptional quality. The powder is soluble in boiling water and very powerful, two or three drops being sufficient to colour 2 lb. of sugar. As these are very bright they are worth the extra cost.

Colouring the Sugar.

Use of Powdered Aniline Colours.

Flowers made with pulled sugar are more effective in appearance than those prepared with royal icing or marzipan paste. They are, on account of the sugar quickly setting firm, more difficult to prepare. To retain the gloss or sheen which gives them such a showy appearance, it is necessary to keep them in an air-tight glass case. These flowers or leaves, which may be made in the quiet season, will remain hard and retain the sheen if carefully stored in tin boxes, made with a reservoir for quicklime at the bottom. The lime absorbs the moisture, and keeps the air in the box extremely dry. Built baskets, and other pieces made and stored in glass cases for showing in the shop window, will remain firm and retain some of their freshness when small hard pieces of lime are placed in the case under cover.

Keeping Pulled-Sugar Goods.

The preparation of roses, the shaping and curling of the petals, and the building of the separate pieces together are almost the same for pulled

sugar as for marzipan paste. These flowers may be made with three petals or more as required, and fastened together when shaped, or placed in position when hard, by rewarming the lower part of each petal over the spirit lamp. For the centre of the rose, pull a piece of sugar with the thumb and forefinger of the right hand, and break this off short without leaving a long sugar thread hanging to it. With the fingers of both hands shape the piece round, and with a thin edge. Press this in the centre, and fold over to bring the thin edges almost together to represent the centre of a rose just beginning to open. Arrange three small leaves or petals slightly higher than the bud, and outside of these fasten four or five others as required. It is well to remember when making the roses to have the sides bulging. Fasten the lower parts of the petals so as to leave the other edge standing out from the bud. As each of the flowers is prepared, stand these halfway into plain cutters to keep the petals from falling out of shape. A fine effect may be produced by working two coloured pieces of sugar together for these flowers. By pulling yellow sugar with a piece of pink one-third the size, a delicate and natural blending is made.

Building up Sugar Roses.

As soon as the art of pulling and shaping the flower petals is mastered, very little knowledge is required to fix these in shape. Where possible, a real flower should be employed as a pattern, more especially when making flowers with various-coloured centres, such as orchids, lilies, and others. Mounting the flowers on pieces of wire is necessary when making floral vases or baskets. With this accomplished, they may be arranged in any position by bending the wire. Prepared pieces of wire covered with green paper or cloth may be procured for this purpose, or ordinary wire will answer if it is covered with green sugar. It is necessary, when fixing the flowers, either to make the piece of wire hot and then force it into the flower, or to make the hole first and then press in the wire covered with hot boiled sugar.

Natural Flowers as Models.

Preparing and Fixing Stems.

To make the flowers more effective, green pulled-sugar leaves are necessary. These require to be made thin, and may be pressed upon shapes made of lead or plaster. Where these shapes cannot be obtained, shape the pulled sugar, and while this is soft press upon the surface with the finger nail to form the veins of the leaves. When shaping holly and other leaves, it is necessary to cut the sugar with a pair of scissors to the desired shape.

Moulding Leaves.

PULLED SUGAR AND NOUGAT CENTRE PIECES

CHAPTER VIII

PULLED-SUGAR ARTICLES AND BUILT MERINGUES

Constructing baskets and other fancy articles with pulled sugar, as shown on the coloured plate, PULLED-SUGAR AND NOUGAT CENTRE PIECES, is a branch of art neglected by most British confectioners. These are very effective for table decoration. The bright sheen on the sugar, prepared with fine colours, looks delicate and rich. Pulled-sugar ornaments look much neater than those made with nougat or marzipan paste.

Building of Sugar Baskets.

The wicker baskets shown on the plate are made by bending lengths of pulled sugar round wooden skewers, which are fixed upright in a thick piece of board. To make these baskets of any shape required, it is necessary to have small holes drilled into a thick piece of wood cut to the shape desired. Special prepared sugar stands can be made, on which upright sticks of sugar have been fastened. As the former method of preparing baskets with a wooden frame is the less difficult of the two, instructions are given accordingly (fig. 94).

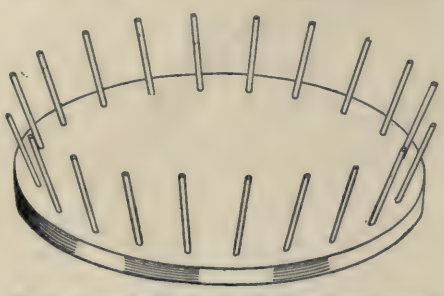


Fig. 94.—Stand with Pegs for Building Sugar Basket

Instructions for Basket-making.

On a thick piece of smooth board mark with a pencil the pattern required, and drill in an odd number of small holes 1 in. apart. Cover the surface with a thin coating of vaseline, and in each of the holes place a wooden skewer about the thickness of a pencil. These should be quite round (small penholders suit very well for this purpose, and they may be bought for a few pence). With a soft brush cover these sticks with vaseline. The frame is then ready to receive the sugar. As it is necessary to work close to the oven, fix a small table in position; pull out pieces of sugar about 24 in. long as thick as an ordinary lead pencil, and twist this round the sticks as in basket-making. As one layer of sugar is placed above another it should be gently pressed down with the fingers. Prepare another length of sugar, warm one end in the flame of a spirit lamp, and twist round the sticks. Continue this operation until the wicker-work reaches to within 1 in. of the top. Another method which is more simple, but not so effective, is to twist the sugar round the sticks, while it is being pulled and shaped by an assistant. The objection to this plan is that the band of sugar has not time to set firm before the next layer is placed above it. The finished article in consequence has a clumsy, uneven appearance.

Sugar boiled to the hard-crack degree, and pulled into lengths when nearly cold, requires quick and careful handling to prevent breaking; but

this is the condition in which it should be pulled to obtain perfect finish.

Finishing the Baskets. When the round bands of sugar are all in position and set, then remove the sticks; gently raise the basket and place on a silver dish, or on a prepared base of sugar. Fasten in small sticks of sugar to replace those removed, and cover the border with a band of rope-shaped sugar, as shown on the oval basket in the plate. Make the handles with pieces of twisted sugar, and decorate with flowers, leaves, and ribbon bows all made of the same material. When preparing high handles on the baskets for exhibition purposes, these may be made stronger by twisting the sugar round a piece of wire. Shape the wire as required, pull out long pieces of sugar, and fold this evenly over the wire. Needless to say, the wire must not be seen in the finished handle.

Basket with Lid Partly Open. On the top right corner of the coloured plate a basket is shown with the lid partly open. This cover was made on a row of skewers, standing upright; the pieces of pulled sugar were twisted between these. When finished, these were replaced with sticks of sugar with a rope-shaped piece fastened round the border. This basket was filled with sugar flowers—roses, fuchsias, violets, and lilies. The cover was then placed in position, and the right-hand corner decorated with a large lily and leaves.

Four-handled Basket. The four-handled basket shown on the plate was made by a different method from that just described. The base (fig. 95) is prepared as follows. A wire frame, about 10 in. square, is laid on the slab about $\frac{1}{4}$ in. thick. Fill in with sugar boiled to the hard-crack degree, and when this has cooled sufficiently to handle, fold over each corner towards the centre. To ensure that these are the same height, place a small jar or bottle under each loop of sugar, upon which it may cool. While these corners are setting firm, prepare a long band of sugar, 3 to $3\frac{1}{2}$ in. wide, and shape in position round a greased cake hoop or jar. When this has set firm, fasten in position, as shown in the illustration, with hot sugar. Shape two handles on the slab, both the same length and width, by pulling the sugar round the base of a jam jar on the slab. Fasten one of the handles to the base of clear sugar, and cut the other in two pieces with a hot knife. Fix as shown in the illustration. Decorate the handles with violets and leaves. On each corner of the basket there are lilies and various coloured roses. The sugar base may be prepared without a wire frame by using glacé royal to make the shape. Pencil the square shape on the slab, fill a paper cornet with icing, and pipe four lines over the pencil marks. When this has partly dried, pour in the hot sugar. Before shaping in position it is necessary to scrape off the dried sugar icing.

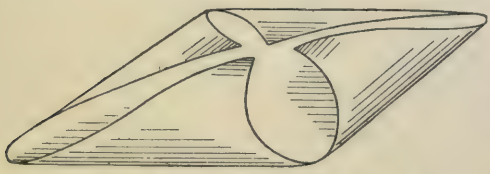


Fig. 95.—Base of Four-handled Basket

The fancy-shaped flower pot shown on the top left corner of the plate

was prepared by fixing together pieces of pulled sugar. Four small pieces were fastened at each corner of the base, to which a thick square piece of sugar had to be joined. Small sugar leaves were used to cover up where each piece had been put together, and further decorated with red roses. The centre was filled with spun sugar after the flowers and leaves had been placed in position.

Fancy Flower Pot.

The sugar slipper shown on the coloured plate is made by cutting with sharp scissors the various shapes required, as shown in fig. 96, and joining them together with the smallest possible quantity of melted sugar. The pulled-sugar body of the slipper should not be thick, but pulled out as thin as possible without breaking.

Sugar Slipper.

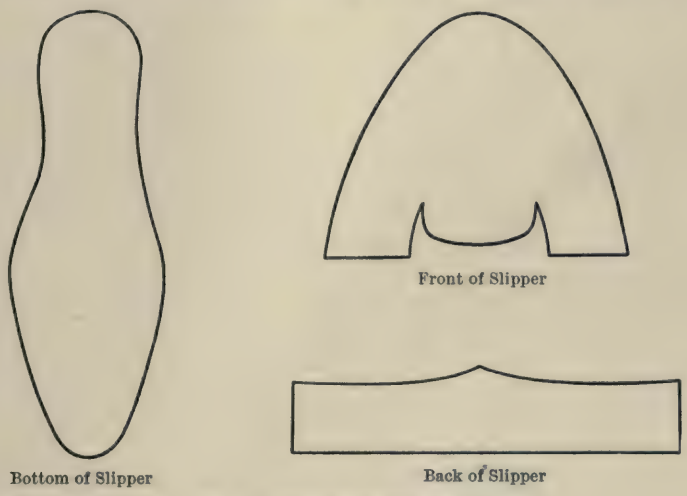


Fig. 96.—Templets for Sugar Slipper

Take a piece of sugar and pull it to the size required for the sole of the slipper, lay this on a greased templet made of cardboard, trim with a pair of scissors, and, if convenient, bend this over a wooden last turned upside down and press in position. The most difficult piece to shape and cut to pattern is the front portion of the slipper. While the sugar is pliable, shape this over the last, and remove before it sets firm. Prepare and shape the next piece for the back, and join all together with clear hot sugar. Cut and fix a piece of sugar to represent the heel, decorate the front with small flowers, and place on either side a small bow of ribbon sugar. This slipper may be filled with chocolates and other bonbons, and used at a wedding luncheon as a table decoration.

When there is not time or opportunity to prepare pulled-sugar ornaments, Built Meringues are frequently used. These were at one time greatly in vogue, but now, owing to the introduction of other kinds of gâteaux and pièces montées, they are only seen on rare occasions. With little trouble or expense some varieties may be prepared and kept in stock ready for filling with cream or

How to Keep Stock Meringues.

mixed fruits. These should be stored in air-tight boxes, and, if possible, in a warm cupboard to keep dry. Several specimens of these meringues are shown on the plate of BUILT MERINGUES. They were prepared with a mixture of cold meringue laid out in various shapes on greased paper and dried in a warm cupboard. They were then fastened together with meringue, and finished, as shown, in the form of beehives, baskets, boxes, &c.

How to Prepare Shapes.

To obtain the correct shapes for building the pieces of meringue together, the outline of each should be pencilled off on greased paper, which may be then covered with the mixture with the bag and tube.

Building Beehives.

The body of the two beehives consists of rings of meringue of the required sizes dried and placed together, then covered with meringue coloured yellow, and further dried. The decoration was furnished with small marzipan flowers and leaves made of the same material. Others shown on the plate were also prepared in sections, placed together and piped with glacé royal or meringue.

Meringue Boxes.

Meringue boxes are useful for filling with chocolates or other bonbons, either for table decoration or for sale at the Christmas season.

CHAPTER IX

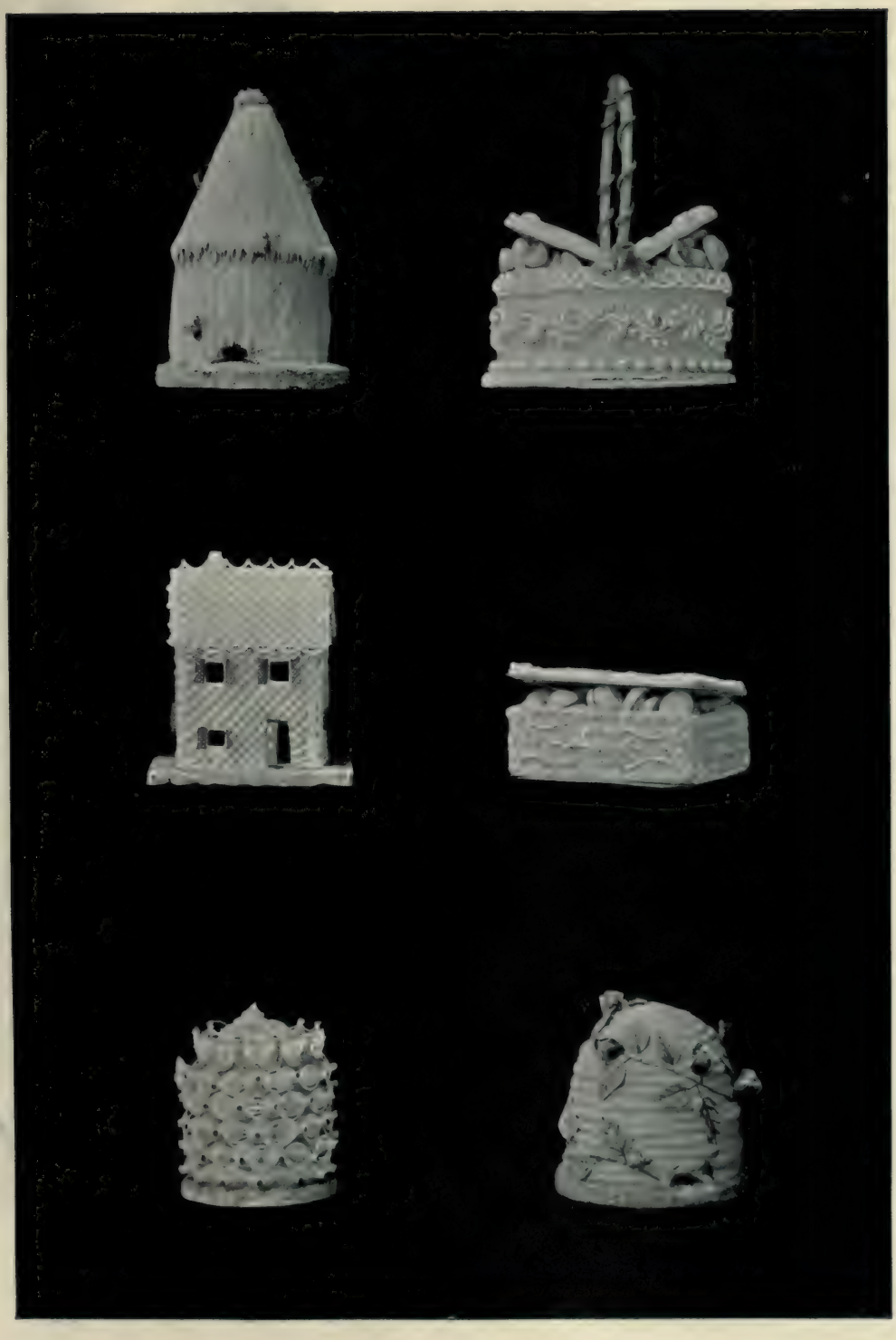
MARRONS GLACÉS AND CARAMEL FRUITS

Marrons Glacés.

Preserving marrons glacés (glazed chestnuts) is very interesting work, and may be made quite profitable, especially where a high-class trade is done. The marrons, being served up in paper cases, are very often placed with other preserved fruits, chocolates, and fondants upon buffet, supper, luncheon, and dinner tables. These are sold at a good price over the counter, and the broken pieces which are made during the preserving process may be used by the confectioner for flavouring his ices, creams, or petits fours glacés, or for making up several kinds of entremets. Early in the season choose some fine large Italian chestnuts, and remove the outer skin without cutting the kernel. Cook the nuts gently in boiling water until they become soft, but they must not be overcooked and broken. The boilings should not be large. When ready, remove from the fire, pour off the water, and cover them with fresh boiling water. Remove the second skin from the nuts by lifting it off with a small knife. This second skinning must be done while the nuts are hot, so that only a few nuts should be taken from the boiling water at once.

Density of Syrup for Preserving.

Have ready a pan of hot syrup registering on the saccharometer 16 degrees, into which the nuts should be dropped. Place the bowl containing the syrup and nuts over a steady fire, and allow to simmer gently for fifteen minutes. Drop into the syrup



BUILT MERINGUES

one or two split vanilla beans, and lay on top a piece of cartridge paper with a small hole cut out of the centre to allow the steam to escape. Store away till the next day, when the same process of heating should be repeated. The preserving should go on for four or five consecutive days, until the nuts are saturated through with the syrup. At this stage the syrup should have a density of 35 to 36 degrees, when the nuts may be kept stored in this thick syrup in a cool place, or may be sterilized at once in tins soldered down, or in bottles made perfectly air-tight. In this state they should keep for years. The pieces

Density of Syrup for Storing.

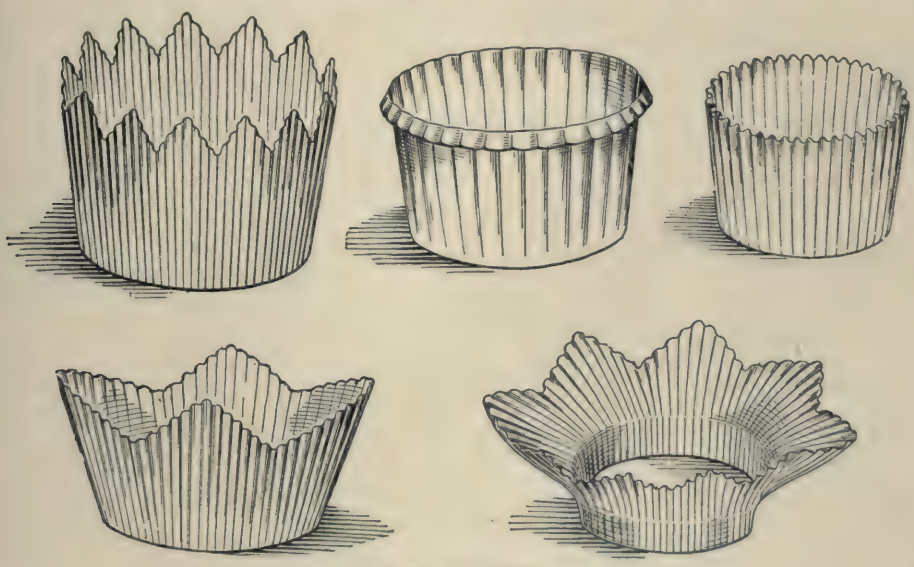


Fig. 97.—Paper Cases

may be dried off or kept in syrup ready for using. Where possible, the nuts should be lifted carefully from the syrup previous to each boiling, placed upon hair sieves to drain, and gently dropped into the syrup as soon as it begins to boil. When storing these marrons glacés in jars without sterilizing, add a little glucose to the syrup at the last boiling. To prepare the marrons glacés for the counter or table, they should be coated with vanilla syrup. Boil up some clear syrup containing a split vanilla bean to the blow, 235° F., slightly grain by rubbing some of the syrup on the side of the pan with a wooden spatula or spoon, then scrape this down into the syrup, and mix all together. Gently drop in the marrons glacés a few at a time, and quickly lift out with a brass fork; lay them upon wire trays, stand in a drying oven for a few minutes, when it will be found that the nuts are coated with clear dry sugar. They are then ready for laying in paper cases (fig. 97).

Use of Glucose in Preserving.

Finishing Marrons Glacés.

Caramel Oranges

Take some sound oranges, remove all rind, and trim with a small sharp knife so that the inner skin of the fruit is clear and not broken. Separate the fruit into quarters, and lay these on a papered tray to dry for a few hours; if required, colour half the oranges with carmine by rubbing this on with a camel-hair brush. For the caramel covering boil some sugar to the hard-crack degree, remove this from the stove, dip in the oranges, lift them out with a dipping fork, and lay them on an oiled slab to cool. The fruit should only carry sufficient sugar to cover them. When raising the fruit from the sugar, the fork, or whatever utensil is used for dipping, should not be drawn over the edge of the pan, as the sugar running off back into the pan may cause the mass to grain.

Preparing Oranges to Caramel.

Pyramid of Oranges

A pyramid of oranges or any kind of mixed fruits may be built up around a cone-shaped or charlotte mould, and just before serving up at table should have whipped cream filled in the centre. The fruits must all be dipped in caramel sugar and allowed to set, then joined together with the smallest quantity of hot sugar. Another name for this pyramid of fruits is croquenbouche of fruit, and the base upon which the fruit is built consists of chou paste dipped in sugar and covered with chopped pistachio nuts. This may be made more effective by placing a vase of spun sugar on top.

Pyramid of Caramel Oranges.

Croquenbouche of Fruit.

Caramel Walnuts

Take some shelled walnuts perfectly fresh and of good shape. Prepare three pieces of marzipan paste, one pale green, another pink, and another white. Roll the paste up into small round shapes the size of a large cherry, and use these for sandwiching the nuts together. Dip the walnuts in caramel sugar, and if required to mix with petits fours glacés, or fondants for the table, serve them up in small paper cases.

Caramel Walnuts.

Caramel Preserved Fruits

These are preserved mixed fruits cut into small pieces and decorated with coloured marzipan paste placed on in the shape of small leaves, knots, &c., and dipped into caramel sugar.

Caramel Prunes

Carefully remove the stones from a number of the prunes by cutting the fruit open on one side, and fill up with a piece of white, pink, or pale-green marzipan paste. Slightly press the fruit together, leaving part of the marzipan paste showing, and dip all into caramel sugar. These fruits also look attractive if filled with stiff apricot jam, a little of which is forced out at the side where the prune has been

Caramel Prunes.

cut. They are then rolled in some chopped almonds before covering with sugar.

Caramel Strawberries

Choose some fresh, well-shaped, sound strawberries, and cover them with a thin coating of caramel sugar, which may be done cleanly and well by holding the green stem of the fruit with a pair of nippers. After dipping they are allowed to cool on the marble slab. The stems should on no account be removed when dipping the fruit, or else the juice coming out will spoil the sugar. Small short-paste cases, half or three-quarters filled with plain cream, with one of these strawberries placed in the centre, make an attractive confection, which looks well on a dish for table or counter.

Caramel Strawberries.

Caramel Grapes

Caramel grapes are coated with sugar in the same way as the strawberries. One black and one white grape, placed in a small nougat basket, make an effective contrast.

Caramel Grapes.

For dipping various kinds of fruit into caramel sugar, especially those which are dry, such as prunes, forced walnuts, preserved fruits decorated with marzipan paste, small pieces of wire, 3 to 3½ in. in length, should be kept in stock. When using these, stick a piece of wire into each piece of fruit, and as soon as these are dipped into the sugar, have a wicker sieve turned upside down, and stick the pieces of wire all round this, allowing the fruit to hang over the sides. This method not only saves time, but is much better in many respects than the method of laying them on the slab as soon as dipped, as it is cleaner and saves the sugar. Cut off what little sugar may be hanging to the fruit with a pair of scissors, then pull off from the wire and place in paper cases.

Wires for Dipping Fruits.

Finishing Dipped Fruits.

Disguised Chestnuts

Disguised chestnuts are made by pounding broken pieces of marron glacé in a mortar, then passing all through a fine wire sieve and mixing with it some cream, vanilla sugar, and a little kirsch. This paste is then shaped up into small pieces about the same size and shape as an ordinary chestnut. Into the back (or flat top) of each piece stick a thin wooden skewer. Boil up to the hard-crack degree some caramel sugar, to which some unsweetened chocolate or caramel colouring has been added, and dip each chestnut into the sugar, leaving only the top of the nut paste uncovered. After dipping, hold several of the skewers in the hand at one time with the nuts hanging down until the sugar has set; then they may be laid upon a marble slab to cool. When set, cut off the long pieces of sugar which may be hanging from the points of each, remove the skewers, fill up the holes caused by these with some of the chestnut cream, and finish by dipping this part

Disguised Chestnuts.

of the nut paste on to some cocoa powder. These are served in paper cases.

Caramel Cherries

These cherries are generally kept in stock in jars of brandy, and when required for dipping into caramel sugar they are laid on a clean cloth and dried in a warm cupboard for a few hours before being covered. The stalks must be left in the fruit. Each cherry should be dipped into the sugar so that all the fruit is covered with the caramel. As they are dipped, lay them on an oiled slab, and when the sugar has set place them in small paper cases.

Caramel Brandy Cherries.

CHAPTER X

FONDANTS, CREAMS, CRYSTALLIZED FRUITS, ETC.

It is the usual practice for most confectioners to buy factory-made sweets such as crystallized fondants, fruits, marzipan shapes, chocolate

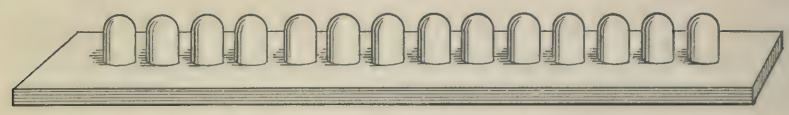


Fig. 98.—Moulds for Fondant Shapes in Starch

creams, and liqueur drops. The object of writing these notes is to assist those who feel inclined to try to make these goods for themselves. Others who already do so may be able to pick up a few hints that will make their task easier and more profitable.

For the manufacture of high-class crystallized fondants in small quantities few new utensils are necessary. Most of these, such as copper or enamel saucepans, bain-marie, hair sieves, and dipping forks, are in daily use. Starch trays (fig. 99) made of smooth wood, about 30 by 15½ in. and 1½ in. deep, should be specially made, and provided with blocks about ⅝ in. thick at the bottom corners, which serve as feet and separate the trays when they are packed up upon each other. Other requirements are: several dozen fancy-shaped chalk moulds (fig. 100), a pair of bellows, a broad hair brush, crystallizing pans (fig. 103), with wire trays, a funnel and stick for filling purposes

Utensils for Making Fondants.

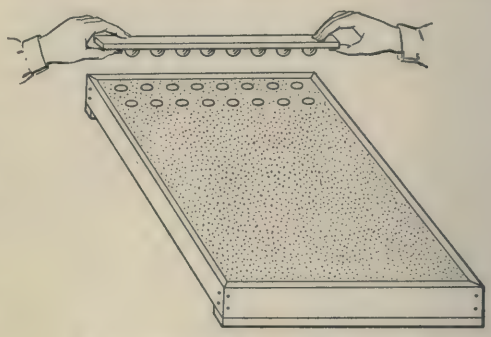


Fig. 99.—Starch Tray for Moulding Fondants

(fig. 101). For the preparation of fondants, rubber moulds may be used in preference to starch trays. The former are much cleaner, but are

Fig. 100.—Fancy Chalk Moulds for Fondant Creams

expensive when several have to be purchased. The advantage gained by their use in preference to starch for fondants is that no powder has to be used, and the creams leave the moulds clear and ready for crystallization or dropping, whereas those moulded in the starch need brushing and blowing with the bellows to remove any powder adhering to them. Those who are anxious to manufacture these goods apart from their ordinary work of flour confectionery should, besides working with the starch trays, procure two or three sheets of rubber moulds for making quickly prepared fondants.

Fig. 101.—Filling Funnel for Fondants

Profitable Sweet-making.

Although a separate branch of the trade, the preparation of these sweets (bonbons) is easily accomplished by those who desire to be in the front rank among those confectioners who have during the last few years found this work most profitable. Formerly this work was entirely in the hands of continental confectioners, who owned or managed some of the best houses in this country. As there is a tendency on the part of the public who can afford to pay, to buy chocolate and other confectionery

which is prepared on the premises, this branch of confectionery work must not be overlooked, and is certainly worth learning.

Making of Fondants.

Fondants prepared for crystallization are made as follows. Fill the wooden trays with starch powder which is quite dry and has been previously sifted through a fine sieve. Level with a smooth bar of wood, and mould the impressions with chalk moulds fastened in rows on wood, as shown in fig. 98. Each line made in the starch powder should be at least half an inch from its neighbours. To prevent any of the shapes being spoiled, the pressing or moulding must be done lightly; otherwise extra pressure will cause the powder to blow up. Place in a saucepan some fondant in which a little cream of tartar has been used while boiling, or with 1 lb. less glucose than is given for fondant used for covering purposes (see Vol. I, p. 329), and boiled to a temperature of 248° F. Make hot over the *bain-marie*: colour and flavour as required; reduce with stock syrup if too stiff to run smoothly. To fill the moulds, warm the funnel and fill with the hot sugar, and hold this over the moulds in the starch. By slightly raising the stick, the end of which fills the point of the nozzle, sufficient fondant is allowed to flow out into each cavity. To prevent the fondant from setting firm in the funnel, this should be quickly used while hot. When each tray is finished, stand these in a warm (but not hot) drying cupboard for a few hours.

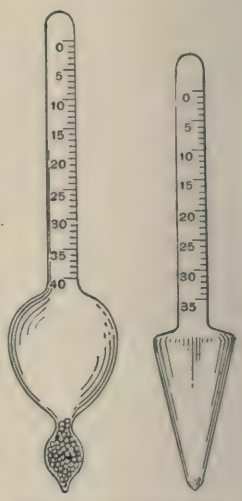


Fig. 102.—Saccharometers

Syrup for Crystallizing.

Clear syrup is required for crystallizing. Boil sugar and water together as for stock syrup (see Vol. I, p. 334), using 1 pt. water to each pound of sugar. Needless to say, the syrup for this purpose should be clean and free from sugar crystals after removing the scum. Stand the saccharometer (fig. 102) in the boiling syrup; when this registers a density of 31° remove the pan from the stove. On the hot sugar lay a piece of paper with a small hole cut out of the centre, and place in a cool part of the bakery until required for use. While cooling the syrup, neither this nor the pan should be disturbed; otherwise the sugar will grain and become useless for crystallizing. It is not necessary that this should be quite cold before using, but cooled enough not to grain while using, and not so hot as to soften the fondants.

Crystallizing Fondants

The Crystallizing of Fondants.

To prepare the fondants for covering with the syrup, turn these out from the starch trays into a wire sieve. Remove all powder from the creams by sifting, blowing with the bellows, and lightly brushing with a soft hair brush. Pack these close together in the crystallizing pans (see fig. 103), cover with a wire tray, and

finish as follows. If the syrup is ready, and cooled sufficiently, remove the paper covering and any crystals which may have formed, and pour enough over the fondants in each tray to cover them completely. Whatever utensil is used for transferring the syrup should not be drawn over the side of the pan. The vibration set up by doing this is likely to cause the syrup to grain and set firm in the pan. When all are covered, store away for ten to twelve hours in the warmest part of the bakery, and cover with a damp cloth. To prevent any danger of graining the syrup, it would be wise to place the trays before filling in the position where they are to remain for the time stated. Within ten hours the syrup may be drained off by removing a small screw at the end of the crystallizing pan. The fondants may then be taken out, placed on hair sieves, and stored in a warm cupboard. These should not be taken from the cupboard until quite dry, when all over their surfaces there should be a covering of fine bright sugar crystals. When a specially thick coating of these crystals is desired, it is necessary to leave the fondants longer in the syrup. With this preparation there need be no waste of material. All sugar left in the pans should be removed and made into stock syrup, but not used again for the purpose of crystallizing.

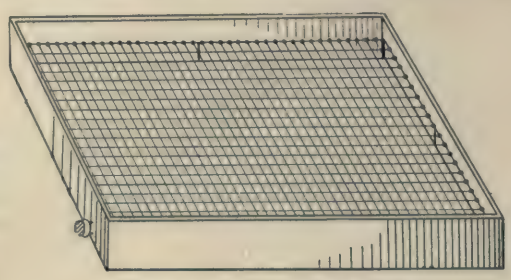


Fig. 103.—Crystallizing Pan for Fondants

It is usual to flavour the fondants with various kinds of fruit essences, liqueurs, and vanilla syrup, and to colour the fondant in the first case with the colours usually associated with the distinctive flavours. Vanilla syrup is prepared by soaking eight or ten large vanilla beans in 1 qt. of hot stock syrup. Needless, perhaps, to say, the bottle should be corked, and after a few days the syrup will be ready to use. Flavouring thus prepared is better than vanilla essence coloured with caramel, especially if it is to be used with white fondant. After the flavouring has been partly extracted from the beans, these may be dried and pounded with lump sugar, to be used afterwards as vanilla sugar for other flavouring purposes.

Flavouring of Fondants.

Crystallizing Prunes

Crystallized prunes make a nice assortment of confectionery. They are attractive and useful for mixing with fondants. Prepare and force some prunes with marzipan paste, white, pink, and green (see "Caramel Prunes" on p. 26); place in crystallizing pans and cover with syrup of 35°. Allow to remain covered for twelve hours; then finish as described for fondants. The almond (marzipan) paste used for these fruits should be highly flavoured with liqueurs, such as kirsch, maraschino, noyau, or curaçoa. When the cost of production is considered,

Crystallized Prunes.

the surprise is that more of these fruits are not prepared in this manner. The crystallized prune or other fruit mixture may be placed in paper cases, and mixed with other fruits for table display; or may be displayed on silver plates and exhibited with fondants and mixed chocolates.

Marzipan Shapes

Marzipan shapes may be made in plaster moulds or shaped between the hands. Two small useful moulds for this purpose are those for shaping green almonds and cockles. The former confections are prepared by flavouring marzipan paste with kirsch and orange-flower water, and colouring with "Breton" green. The paste is pinned out to $\frac{1}{4}$ in. thick, and the required number of pieces cut out with a $\frac{3}{4}$-in. plain cutter. The pieces are then covered with an inverted pan, to prevent them from drying. The two halves of the plaster mould are dusted with corn flour. Two of the small rounds of paste are pressed one into each half of the mould. With a camel's-hair brush wet one piece, and lay on this a small blanched almond and almost close the two sides of the plaster mould. When the moulds are opened the shape of the almond will be complete; both pieces of paste will be almost closed, with the blanched nut showing between. Little practice is necessary to prepare these goods, and, with the paste cut to the size required, they are quickly made. Another method whereby these may be prepared without using a mould is to roll the paste between the hands to resemble as nearly as possible that of the almond. While holding this between the thumb and forefinger, make an incision along the centre, and press in a split or whole blanched almond. To crystallize these, cover with syrup 32°, and finish as for fondants.

Marzipan Shapes.

The other mould referred to is for preparing small cockles. The marzipan paste for this purpose should be flavoured with rose water and orange zest, and coloured with yellow "Breton" paste. It is pinned out as explained above and stamped out the size required. Fill in each half of the mould, brush over with syrup or water, add a small bright cherry, and finish as described for green almonds. These small confections will then be ready for crystallizing. With a variety of moulds many fancy shapes may be prepared in the same manner, and crystallized with syrup as described.

Small Cockles.

Centres for Chocolates

Centres for covering with chocolate "coverture" are made of soft and hard material. Some of those that are most popular are prepared with rich-flavoured fondant used alone, or along with crushed caramel nougat or chopped mixed fruit. Other kinds of soft centres are made with marzipan paste, fruit jelly, or nougat montélimar, and various pastes made with roasted almonds or hazel nuts.

Chocolates.

Before describing the method of preparing these centres some instruction is necessary as to the manner of using the covering chocolate. This

is most important and needs great care. If made too hot it will turn white and be spotted with dark specks when cold, thus becoming unsaleable. On the other hand, it must not be used cold; where the chocolate takes a long time to dry, the various ingredients in the mixture separate, and dry a bad colour. As a sign whether the dipping chocolate is in proper order, it should be noted that when dipping the various centres, and transferring the covered chocolates to pieces of grease-proof paper, the first piece should be dry by the time the fourth or fifth piece has been dipped. By adopting this principle failure may be avoided. When working with these goods, care must be taken that no steam, or draught, should on any account be brought into contact with the chocolates, as either will seriously affect them.

The Covering Chocolate.

The centres are marked with chocolate coating by means of wire dips, some in the shape of small brass forks, or made with a small ring at the end (fig. 104). Besides being useful for dipping purposes, the end is used for forming small scrolls of chocolate on top of the covered articles.

Coating Centres with Chocolate.

There are two ways of preparing fondant centres for chocolate creams.

Fig. 104.—Dipping Wire for Fondants

First, the fondant may be made firm by working into it sufficient icing sugar to make a tight dough. Add flavour and colour as required, and mould into various shapes with the hands. Place away to dry and use as required. This method, for several reasons, does not give satisfaction, and is detrimental to the eating qualities of the cream. The other and better method is to mould the hot fondant in starch powder, or in rubber moulds, as when preparing fondants for crystallization. Fancy-shaped moulds should be avoided for this purpose, on account of the difficulty in covering with chocolate. It is essential that the goods prepared for covering should be perfectly dry and free from starch powder.

Preparation of Fondant Centres.

To prepare the chocolate for covering, place into a small pan the quantity of chocolate required, and slowly dissolve over a *bain-marie*. Stir occasionally with a wire fork to prevent the fat from separating, and begin to cover the fondant creams by dropping them one or two at a time into the chocolate and lifting out with the wire dip. Place these as covered on pieces of paper about 8 by 10 in., and form a small scroll on the top of each. After a few have been covered, ascertain whether these are drying with a glossy surface. If the chocolate shows signs of being too warm allow it to cool, while stirring with the dipping tool. Finish the chocolates by placing something on top to indicate the flavour inside. Pistachios, almonds, walnuts, hazel nuts, violets, crystal-

Preparation of the Chocolate.

lized rose leaves, are some indicators of the kind which may be used for this purpose. As some centres require a thinner coating of chocolate than others, cocoa butter, in the proportion of 1½ oz. of butter to 2 lb. of chocolate, should be used for mixing with the "coverture".

Danger of Overheating. When it is possible to melt the chocolate gradually in a warm dry cupboard, there is less danger of overheating than when it is placed directly over the *bain-marie*, and overheating is probably the commonest cause of faulty finish.

Nougat Creams. For *Nougat Creams*, weigh on the slab 1 lb. of marzipan paste; add a little icing sugar, 8 oz. of crushed caramel nougat; make all into a stiff dough, and shape in small pieces. Allow these to dry for a few hours, and then cover with chocolate. Another kind of nougat cream is made by passing hard nougat between granite rollers until it becomes soft, then flavouring it with vanilla, and moulding in various shapes. These pieces should be made small, and rolled in crushed nougat previously passed through a fine wire sieve, then put to dry and afterwards coated with chocolate.

Hard Nougat Centres. For *Hard Nougat Centres*, prepare a mixing of caramel nougat (Chap. V, p. 15), and while hot transfer to the greased slab. Roll out in long pieces, and with a sharp knife cut these into small shapes. Cover in the usual manner, and place on the centre of the top of each sweet some roasted almonds.

Pralinée Centres. *Pralinée Centres* for chocolate covering are prepared much in the same way as caramel nougat. Roast 1 lb. of clean unblanched almonds. Rub these on a coarse wire sieve, and mix with 12 oz. of melted castor sugar. Place the pan on the stove, and add two vanilla beans. Continue to keep these ingredients mixed, until the sugar is of a dark-brown colour. Turn out on the slab, and when cold, crush between the granite rollers, or pound with a pestle and mortar; pass all through a coarse sieve, and use for mixing with marzipan or fondant.

Fruit Centres. *Fruit Centres* are frequently used for covering with chocolate. These may be mixed with other ingredients or used alone. Preserved ginger is cut into small squares and dried before covering with chocolate. That bought in jars is best for this purpose. The syrup with which it has been preserved may be used for making ginger fondant creams.

Liqueur Centres. Among the many varieties of soft and hard centres prepared for these chocolates, those made with liqueurs occupy a premier position. With the liquid centre they require very careful handling. These may be prepared as follows. Boil to the soft-ball degree the quantities of sugar and water required. No cream of tartar or glucose should be added. Remove from the stove, and while adding the flavouring essence, mix this and the hot syrup together while shaking the pan; but no utensil should be used for stirring, as this may result in the sugar graining. Cover with a damp cloth and allow

A THREE-TIER WEDDING CAKE

to lie for fifteen to twenty minutes; then fill into shapes moulded in starch powder. Cover with a thin coating of starch sifted through a hair sieve, and place in a drying cupboard for twenty-four hours. The funnel and stick already described is the best implement for filling the starch moulds with the syrup. Any crystals that may have formed on the syrup while cooling should be removed without disturbing the sugar more than is necessary.

Preparation of Soft Centres for Covering.

For covering these soft centres with chocolate, they should be quite free from any of the starch from the moulds. This may be removed by careful sifting. The soft hair brush should also be used for this cleansing. Cover with the chocolate and finish as required.

CHAPTER XI

JELLIES

Calves'-Foot Jelly.

Formerly calves' feet were alone used in high-class shops for the preparation of sweet jelly. In some establishments this was sold in jars, and retailed at high prices. Besides its value as a food for invalids, the preparation, sold at a fancy price, yielded far more profit than can now be obtained from that prepared with gelatine. Customers had great faith in its nutritive value, and were prepared to pay high prices for the calves'-foot jelly made by confectioners. The preparation is now more or less factory-made, put in glass bottles, and sold in most grocers' shops.

Preparation of Calves'-Foot Jelly.

To prepare the genuine jelly, take the required number of calves' feet, cleanse by careful washing, joint them, place all into a stock-pot, cover with cold water, and bring to the boil. A thick scum will rise to the surface, which may be removed with a spoon, or, better still, by throwing away the boiling liquor and covering the feet with fresh water at the same temperature. The stock should simmer at the side of the stove for ten to twelve hours, and should then be strained through a hair sieve and allowed to set firm. Three medium-size feet should make 5 qt. of stock, the strength of which may be ascertained by cooling some of this in a small mould placed on ice before the whole is removed from the fire. Where this does not set firm, add to the boiling stock a small quantity of isinglass. It is essential to have the clear stock set in a firm jelly, which will permit of the oil being washed off with hot water; also to make allowance for the addition of other ingredients, such as lemon juice, wines, or spirits.

Recipe for Sweet Jelly.

To prepare sweet jelly from the stock, remove the oil from the surface with hot water, and then with kitchen paper. Transfer to another pan kept expressly for the purpose, place over a slow fire, and dissolve gradually. To 5 qt. of stock add the zest of

5 lemons, the juice of 10, 2 lb. of lump sugar, 5 bay leaves, 12 cloves, 10 whites and shells of eggs, a piece of stick cinnamon, and a little crushed coriander seed. Bring slowly to the boil, then remove to the side of the stove, cover with a cloth, and allow to remain for ten minutes. Prepare the jelly-bag, place under this a clean pan, and have another in readiness. Pour in the jelly, and as it runs into the pan, pour back into the bag until it runs through quite clear. Close the cupboard (fig. 105) to keep the liquor warm, and in the course of an hour or so all will have passed through. The necessary wine or spirits may then be added to the jelly if it is quite clear; or it may be poured into the bag before the jelly has all passed through. This is the stock jelly, which will set moderately firm.

Straining through a Jelly-bag.

In most catering houses stock jelly is kept ready-made for moulding in various shapes and forms. This is mostly prepared with isinglass or gelatine. When isinglass is too expensive for this purpose, gelatine, which is soluble and tasteless, may be used without spoiling the delicate flavour of the jelly. There are some varieties sold at about 2*s*. per pound, which give every satisfaction. Made with this quality, the jelly has the soft velvety feeling to the palate which is not obtained by using cheap inferior gelatine. This gelatine is also able to stand the acidity of the lemons and the addition of wine and spirit without losing its gelatinous properties. The following recipe will make about 12 qt. of jelly:—

Use of Isinglass or Gelatine.

Fig. 105.—Jelly Cupboard

Recipe for Stock Jelly from Gelatine.

2 lb. shredded gelatine.
11 qt. water.
5 lb. lump sugar.
12 bay leaves.
24 cloves.
1½ oz. coriander seeds.
22 whites, with shells.
Juice of 22 lemons.
Zest of 11 lemons.
4 3-in. sticks cinnamon.
1 pt. brandy.
1½ pt. sherry.

Place the gelatine to soak in one-third of the water. Pour the remainder of the water into the jelly-pan; mix in the whites and shells previously beaten; also the other ingredients, except the wine and gelatine. Stand over a slow fire, whisk all together, and when hot stir in the gelatine and the remainder of the water. At this stage the whole should be mixed with the whisk until it comes to the boil, then removed to the side of the stove. Cover over and allow to remain for fifteen minutes, then add the wine and spirits and filter through the bag. This jelly will form the foundation for many varieties, as the following notes will indicate.

Method of Clarifying.

Moulded jellies are almost endless in variety. Some consist of fruit and jelly mixed together, or with whipped cream. To prepare macédoine jellies proceed as follows. Take the quantity of jelly required for this purpose, and dissolve half in a clean pan. Add a little maraschino to flavour, and pour sufficient in the mould to cover the bottom. Stand the mould in ice water, and when the jelly is firm drop in two or three pieces of fresh fruits. Cut some pieces from the firm stock jelly, lay part upon the fruit, and fill the mould to within ½ in. of the top with alternate layers of liquid, set jelly, and mixed fruits. When all has set firm, fill the mould with liquid jelly to give the finished article a smooth appearance. This method of adding pieces of firm jelly prevents the fruit from remaining in layers, which spoil its attractiveness. The fruits used should be those that are in season, or, if these are too expensive, pieces of preserved apricots and greengages may be added, with a few bright preserved cherries.

Macédoine Jellies.

Method of Filling Moulds.

For spring jellies, proceed as for macédoine jellies. The fruit should consist of mixed grapes, blanched walnuts, hazel nuts, preserved cherries, and pineapple, flavoured with maraschino.

Printanière or Spring Jellies.

Fresh fruit, prepared for pineapple jellies, is cut into small squares and boiled in weak stock syrup. This cooking is necessary on account of the acid contained in the fruit, which, if mixed with the jelly in its fresh condition, would prevent the jelly from setting firm. The fruit should be drained and dried with a cloth before using. Flavour the jelly with chartreuse and decorate with gold leaf.

Pineapple Jellies.

For gold-leaf jellies, decorate the top of the moulds with a little clear jelly and three pieces of fresh or preserved fruits of distinctive colours. Dissolve the remainder of the jelly necessary for filling, and when cold mix in a few pieces of gold leaf (to be obtained in small books). If these pieces of gold leaf mix readily with the jelly and do not sink to the bottom of the pan, transfer at once to the moulds set in ice.

Gold-Leaf Jellies.

Marbled jellies consist of clear jelly filled in with alternate pieces of white and pink whipped jelly. To be successful with the preparation of this beaten jelly, all utensils should be free from grease. Place the liquid jelly into a pan and beat with a whisk until it thickens to a foam, transfer part to another vessel, colour with carmine, and allow both to set firm. The jelly should not be beaten hot.

Marbled Jellies.

Whipped Jelly.

To make snow jelly, top the mould with clear jelly and a few pieces of silver leaf. Whip some brandy jelly to a foam and add a little melted gelatine. As soon as it shows signs of being ready, pour at once into the mould. The whipped jelly should be beaten fairly stiff, and yet of such consistency as will allow this to run freely in the mould. If this is added warm, part will sink to the bottom of the mould and leave a useless froth on top.

Neige or Snow Jelly.

Autumn Jellies. Autumn jellies are flavoured with curaçoa, coloured with carmine, and decorated with seasonable mixed fruits.

Tricolour or Rubani jellies are prepared with clear jelly flavoured with sherry, and moulded with pieces of red, white, and pale-green blancmange.

Tricolour or Rubani Jellies. Set in a shallow mould or pan some white blancmange prepared with milk, cream, ground almonds, bay leaves, cinnamon, a little sugar, and sufficient melted gelatine. Place on ice to set firm, add another layer of pink, and when ready pour on another mixing, coloured with green "Breton" paste. When these have set firm turn out upon a dish, cut into small strips, and use for filling in the mould with liquid and pieces of firm jelly.

For Valentine jellies, prepare small heart-shaped pieces of blancmange, stamped out with a heart-shaped cutter. Cut small pieces of angelica to represent the darts, place one through each piece of blancmange, and fill in to the mould with liquid and pieces of set jelly.

Valentine Jellies.

To make champagne jellies, flavour some clear jelly with chartreuse and maraschino. Mix in some pieces of silver leaf broken very small; with this three-quarters fill some champagne glasses, and stand in ice to set. Finish by covering the surface of each with a thin layer of whipped jelly to represent the froth. These jellies are attractive and novel.

Champagne Jellies.

For harlequin jellies, prepare an even number of dariole moulds; divide into four lots, and stand in ice water. Fill one set with clear red jelly, another with whipped jelly, the third with chopped pistachio mixed with jelly, and those remaining with silver-leaf jelly. When firm enough to handle, turn each out upon a cloth. With a small knife dipped occasionally in hot water cut each into four quarters, and return to the moulds as follows. The whipped jelly, being very light, should be placed in the mould first; add two other coloured pieces, and before pressing the last piece in position, this should be dipped into liquid jelly. Within a few moments these will be ready for turning out of the moulds.

Harlequin Jellies.

Method of Filling the Mixed Jellies.

Punch jellies are flavoured with rum, and coloured with carmine. Top the moulds with mixed fruits set in clear jelly, and cover with a thin layer of whipped jelly. The filling in must be carefully done; otherwise the whipped jelly will rise to the surface.

Punch Jellies.

Noyau Jellies. Noyau jellies are flavoured with noyau, coloured red, and moulded.

Maraschino Jellies. For maraschino jellies, add half a wine-glass of liqueur to each quart mould, colour with carmine, and fill in decorated moulds.

When orange jellies are required in small quantities, mix in some orange zest while the jelly is hot. Allow to remain for ten minutes; then strain through a piece of muslin, and mould as required. When pieces of fruit are to be mixed with the jelly, these should be prepared as follows. Remove with a sharp knife both the outer and the inner rind of the orange. The small quarters of fruit may be then cut away free from any substance likely to spoil the flavour of the jelly. Allow these to set firm in some clear jelly before adding to the moulds. This is to prevent the acidity of the oranges from spoiling the jelly used in the moulding.

Orange Jellies.

To Prepare Oranges for Jellies.

For croûtes of peaches small moulds are required. These are made of tin or copper the shape of half peaches. Place in each some liquid jelly; when partly set, press on this a piece of tinned or fresh fruit coloured slightly with carmine, and cover with jelly. Turn out of the moulds, and serve on a small round piece of gâteau paste. These may be served separately, or dished upon silver dishes with whipped cream piped between them.

Croûtes of Peaches.

Many other varieties of moulded jellies may be, and are, made besides those referred to. The method adopted for these is practically the same, and it would be needless repetition to refer in detail to them.

Other Kinds.

To make aspic jelly, put into a stewpan 4 qt. of water, or stock, the beaten whites and shells of twelve eggs, ½ pt. of tarragon and plain vinegar mixed, some peppercorns and allspice, together with the following vegetables cut very small: four sticks of celery, four small onions, and three small carrots. Add some crushed mace and the juice of three lemons, and place the pan over a steady fire. Before the mixture reaches boiling-point add 1 lb. of gelatine previously soaked for three hours in 2 qt. of water. Stir all together with a whisk; bring to the boil; draw the pan to the side of the stove, and allow to simmer gently for ten to fifteen minutes. Pour through a jelly bag until it runs clear. It is advisable to add salt or other seasoning as required to the jelly before removing it from the stove. A few drops of caramel colouring will improve the colour.

Aspic Jelly.

To ascertain the consistency of the jelly while on the stove, place a little in a dariole mould and set this on ice. It will soon set and give sufficient indication whether the whole jelly requires more gelatine or more water. For some purposes this jelly requires less gelatine, especially when made for eating and not for show. The flavour may be improved by the addition of three gills of sherry.

To Test Consistency.

CHAPTER XII

CHARTREUSES OF FRUITS

Chartreuses of fruits are made with jelly, whipped cream, and various fruits. These are attractive in appearance, and require more care in moulding than plain jellies.

Chartreuses of Fruits.

Before giving directions for their preparation it is necessary to refer to the liquid or melted gelatine which will be used for setting the whipped cream. In many catering houses this is kept in stock, made with a definite quantity of water, and measured off as required. By using a small ½-gill ladle for this purpose the confectioner will know from experience the correct quantity required to set the cream without making it stiff. Place into a tinned copper saucepan some shredded gelatine, cover with cold water, and stand away for two hours. In that time the gelatine will have absorbed most of the water. Drain off any that may have been unused, and melt the gelatine over a slow fire. Provided that a fair quantity of water was added in the first place, this dissolved mixture will be of such consistency as will mix readily with the whipped cream. As this melted gelatine is useful to the confectioner for other purposes in making fancy confectionery, it is advisable to keep it thus prepared in stock. Waste is sometimes caused by dissolving 1 oz. or a less quantity of gelatine for setting creams. It is impossible to work successfully with these small quantities, as the necessary quantity of gelatine required to set plain creams varies according to the acidity of fruit juices used for flavouring.

Jelly for Whipped Cream.

For chartreuse of bananas (see Plate, COLD ENTREMETS), set in the top of a charlotte or fancy-shaped mould a thin layer of jelly. Take some sound bananas, remove the rind, cut the fruit in small round pieces ¼ in. thick, and lay them on a clean cloth. With a skewer dipped in liquid carmine make three dots of red on each. Use a number of these cut pieces to cover the top of the mould, and set firm with jelly. Take a plain cutter (a tin with the bottom removed will answer the purpose) 1 in. less in diameter than the charlotte mould, and stand this upright on the set jelly. Fill the open space between the mould and the cutter with layers of banana and liquid jelly. To enable these to set firm quickly, the jelly used should be cold.

Chartreuse of Bananas.

Prepare the filling as follows. Whisk up the quantity of cream required, flavour with banana pulp made by forcing the fruit through a hair sieve, and sweeten to taste; add a little lemon juice, and whisk in a small portion of the melted gelatine. Remove the cutter by pouring some warm water into this; then turn the mould upside down, and pull out gradually without breaking the jelly. Fill in with the cream, and in a short time this will be ready for serving. The charlotte or other moulds may be lined with fruit and jelly without using the cutter or tin

Preparing Whipped Cream.

centre, but longer time is necessary for the preparation. The moulds are placed on crushed ice, with a small quantity of liquid jelly, and constantly turned until the jelly begins to set, when pieces of fruit are added until the mould is covered.

Another Method of Lining Moulds with Fruit.

When using tinned fruits for this purpose, such as peaches, apricots, or pineapples, these should be brought to the boil in hot syrup and drained before using. This destroys the "tinny" taste, and removes some of the acid which the fruit contains.

Special Precautions with Tinned Fruits.

The following is a list of chartreuses of various fruits which may be prepared in the manner described above:—

List of Fruit Chartreuses.

Chartreuse of strawberries.
Chartreuse of apricots.
Chartreuse of peaches.
Chartreuse of grapes.
Chartreuse of oranges.
Chartreuse of tangerines.
Chartreuse of pineapple.
Chartreuse of cherries.

CHAPTER XIII

CHARLOTTES AND MOULDED CREAMS

To prepare a Russian charlotte (see Plate, COLD ENTREMETS, No. 4); cover the bottom of a plain charlotte mould with clear jelly, and decorate with pieces of preserved fruit. When this has set, line the sides of the mould with finger biscuits slightly trimmed to fit closely together. Prepare some whipped cream, sweeten to taste, and flavour with vanilla; then add a little melted gelatine, and pour into the prepared mould. Half an ounce of gelatine will be sufficient to set three gills of cream.

Russian Charlotte.

For Venetian charlotte, ornament the bottom of an oval charlotte mould with a layer of clear and one of whipped white jelly. Line the mould with pieces of gâteau paste cut in fingers, and coloured alternately pink, chocolate, and yellow. Arrange these so that each piece overlaps the next, as shown on the Plate COLD ENTREMETS. Fill in with three layers of cream — one chocolate, one strawberry, and one vanilla. The chocolate cream and cake should be flavoured with melted unsweetened cocoa, which should be dissolved in hot milk, and then cooled before using.

Venetian Charlotte.

Prepare Charlotte Coloniale with two or three kinds of gâteau paste. Fill in with prepared cream flavoured with vanilla, kirsch, and small pieces of marron glacé.

Charlotte Coloniale.

For Charlotte Écossaise top a plain mould with pink jelly. When this

is set, decorate with whipped white jelly forced out with a paper cornet.

Charlotte Écossaise. For the lining trim some finger biscuits, ice one-third with chocolate water icing, another with pink, and the remainder with white. When the icing has set firm, arrange the biscuits with alternate colours in the mould. Fill in with cream flavoured with rose water and maraschino.

Charlotte Normande. For Charlotte Normande prepare two pieces of gâteau paste (No. 4), 4 in. square and ½ in. thick. Split in two; sandwich one piece with red-currant jelly, the other with apricot pulp coloured with green Breton paste. Then with a sharp knife cut each piece into fingers about ¼ in. thick. Have ready a prepared mould, and line this with the cake, the colours to be arranged alternately. Whip up the cream necessary, flavour with sherry, add the gelatine, and pour into the mould.

Charlotte Mignons. Charlotte mignons are prepared in dariole moulds lined with pieces of gâteau paste, sandwiched with red and green apricot pulp or jam, as shown on the Plate, COLD ENTREMETS, No. 5. The filling consists of whipped cream flavoured with pineapple.

Fruit Juices for Flavouring. By using fruit juices, these charlottes may be prepared in large variety. As the method is practically the same as stated above, it would be repetition to deal with each separately. There are, however, two essentials which should be carefully noted when flavouring creams with fresh or bottled fruits. The flavour is improved by the addition to the cream of a little lemon juice or citric acid dissolved in water. In the second place, more liquid gelatine is needed to set the fruit creams than to set those flavoured only with essences or liqueurs.

Chopped Jelly for Decoration. The appearance of these articles at the time of serving is improved by placing pieces of chopped jelly round the base, on the silver or glass dish on which they are served. The jelly should not be cut so fine as to make a pulp, but in small separated pieces to produce a bright and clear appearance.

MOULDED CREAMS

Moulded Creams. Moulded creams usually consist of whipped cream flavoured with fruit juices or liqueurs, and set firm with gelatine. Other sorts made after Continental methods consist of cream and custard mixed together, and set with isinglass or gelatine. The latter varieties are named *Bavaroise*, and will be dealt with later.

How Creams are Spoiled. Too much stress cannot be laid on the fact that many moulded creams are spoiled in the making. Overwhisking curdles the cream and sets it like butter, thus affecting the flavour and appearance; and stiffening with an overdose of gelatine also spoils them.

Vanilla Cream. For vanilla cream top a quart jelly mould with clear red jelly, drop in two or three black grapes, and allow the jelly to set firm. Meanwhile place 1 pt. of cream into a cold pan, add vanilla syrup with the necessary castor sugar to flavour and sweeten.

and then beat lightly with a whisk. Mix in 1 gill of milk, then about ¼ gill of melted gelatine, and transfer at once to the decorated mould. This cream, when turned out of the mould, should be soft and yet of sufficient consistency to remain firm and upright. Where the cream beats up very light, it may be that this quantity will be sufficient to fill the mould without the addition of any milk.

Brown-bread Cream.

To make brown-bread cream, pass the crumb of a stale brown loaf through a fine sieve. Place the crumbs in a hot oven, and colour to a light brown. Whip up 1 pt. of cream, add a little milk, with vanilla and sugar to sweeten, and mix in the gelatine and 2 oz. of the toasted bread crumbs. Fill into a quart mould previously decorated with red jelly.

Italian Cream.

Italian cream is made as follows. For a quart mould prepare 1 pt. of cream with which a little milk has been mixed; sweeten and flavour with the zest of one lemon and half a wineglassful of brandy. Add the gelatine, and fill into a decorated mould. Dip a skewer into some liquid carmine, and with this make a few streaks of colour in the moulded cream.

Pistachio Cream.

As little or no flavouring is obtained from pistachio nuts, and as they are expensive, the necessary flavouring for pistachio creams should be prepared as follows. Bring to the boil ½ pt. of milk, 1½ oz. ground almonds, and the zest of one orange. Pass this through a wire sieve, and add to the cream. Add also two tablespoonfuls of noyau, a little green colouring, and the necessary gelatine; after whipping, pour into a quart mould decorated with clear jelly and filleted pistachio nuts.

Sicilian Cream.

Sicilian cream is flavoured with crushed ratafia biscuits and half a wineglassful of kirsch, and poured into a mould decorated with jelly and preserved apricots and cherries.

Chocolate Cream.

To flavour 1 qt. mould of chocolate cream, dissolve 1 oz. of block cocoa in 1 gill of hot milk. Mix this with vanilla and castor sugar, and the usual gelatine with the whipped cream, and transfer to a mould previously decorated with one layer of plain and one of whipped white jelly. A few spots of carmine may be added to give the cream a reddish-brown colour.

Coffee Cream.

Cream used for making coffee creams should be flavoured with a strong infusion of prepared coffee essence, and a little vanilla sugar and brandy. Before moulding, drop into the mixture a few small coffee liqueurs — small sweets filled with strong coffee.

Millefruit Cream.

Millefruit cream is prepared by adding elder-flower syrup, with a little maraschino and various coloured preserved fruits cut small, to whipped cream. Decorate the mould with gold-leaf jelly and four pieces of different coloured fruits.

An endless variety of these creams may be prepared either in large decorated or small plain or fancy dariole moulds. The writer has found

that by using small liqueur drops of the same flavours as the creams, the eating quality of the creams is much improved.

Bavaroise Creams.

The foundation for Bavaroise creams consists of a mixture of custard, whipped cream, flavouring, and isinglass or best-quality gelatine. They are not so rich as those made with cream only. They are moulded, like the other creams referred to, in moulds ornamented with jelly and fruits. As these should be prepared of a jelly consistency, it is essential that melted gelatine just sufficient to set the cream be added.

Custard for Cream Mixing.

The following recipe and method will make a rich custard which may be used with cream for preparing a large variety of moulded creams. Place into a basin four eggs, six yolks, and 6 oz. of castor sugar. Beat these together, and whisk in 1 pt. of boiling milk. Stand the basin over a slow fire, and continue to stir the custard until it is of sufficient thickness to coat the spoon; then transfer to a cold pan. The custard should be quite cold before mixing with the whipped cream.

CHAPTER XIV

COMPOTE OF FRUIT AND SUPPER DISHES

Fruit Dishes.

In addition to jellies, creams, &c., which are served as sweets ("Entremets"), the following list of cold and hot dishes will be found useful for dinner, luncheon, or supper parties.

Suprême of Pineapple.

For a suprême of pineapple prepare a ring of No. 4 gâteau paste about 5 in. in diameter and 3 in. thick. Lay this on a glass or silver dish, and fill the centre with a mixture consisting of chopped pineapple, apricot pulp, and maraschino. Mask the cake with whipped cream flavoured with maraschino, and decorate the top with diamond-shaped pieces of preserved pineapple and small bright cherries. Pipe whipped cream round the sides of the cake with a bag and $\frac{1}{4}$-in. star tube.

Suprême of Cherries.

For suprême of cherries flavour some gâteau paste with noyau syrup splashed on with a brush. Cut a ring of this, and place on a dish; fill in the centre with cherries mixed with apple jelly. Mask the cake and fruit with whipped cream flavoured with noyau, and decorate the top with cherries and diamond-shaped pieces of angelica. With a bag and plain tube pipe on the sides some bulbs of cream, and lay on the centre of each bulb a small piece of cherry cut out with a $\frac{1}{4}$-in. plain tube or cutter.

To Cook Fresh Cherries.

When fresh cherries are used for this purpose, these, after stoning, should be cooked in weak syrup. The syrup may then be used in place of the apple jelly, but made thick by adding a little corn flour or arrowroot, mixed with the smallest possible

COLD ENTREMETS

1. Charlotte Colonial.
2. Croûtes of Peaches.
3. Chartreuse of Bananas.
4. Charlotte Russe.
5. Charlotte Mignon.
6. Swallow's Nest.
7. Chartreuse of Apricots.
8. Harlequin Jellies.
9. Macédoine Jelly.
10. Riz Impératrice.
11. Chartreuse of Grapes.
12. Marble Jelly.

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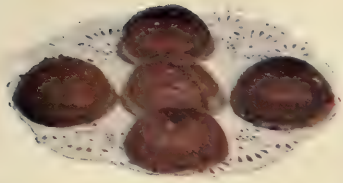

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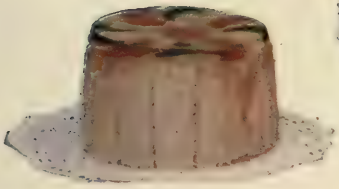

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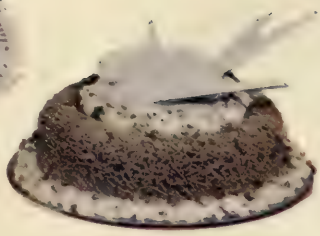

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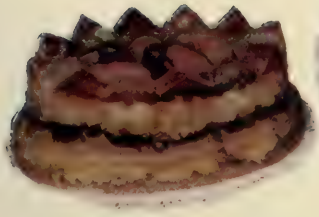

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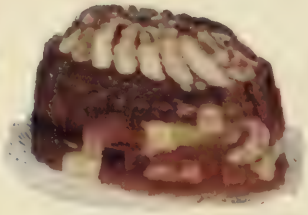


12

COLD ENTREMETS

quantity of water, after the fruit has been removed, and bringing all to the boil.

For Riz à l'Impératrice (see Plate, COLD ENTREMETS, No. 10) boil 3 oz. of rice with ½ pt. of milk and an equal quantity of water. Add the zest of one lemon, a piece of vanilla bean, and enough lump sugar to sweeten. Cook the rice until quite soft; then remove from the stove, and stir in some cream and sufficient gelatine to set the mixture to jelly consistency. Prepare an oval quart mould with centre tube, and pour a layer of clear jelly in the bottom with pieces of preserved apricots and cherries. When this jelly has set, place on top a thin layer of the cold rice; cover with cold jelly, and when firm continue to fill the mould with alternate layers of jelly and rice. Stand this in ice water, and when set firm turn out on an oval dish and fill in the centre with stewed apricots or whipped cream.

Riz à l'Impératrice.

For blancmange bring to the boil 1 pt. of milk, 1½ oz. of ground almonds, three bay leaves, the rind of one lemon, a piece of stick cinnamon, and sufficient lump sugar to sweeten. Pass the mixture through a hair sieve into a shallow basin, stir in 1½ oz. of soaked gelatine, and add ½ pt. of cream richly flavoured with noyau and brandy. When cold, pour into a quart mould previously decorated with red jelly, and set firm in some ice water.

Blanc Mange.

Fresh or tinned fruit may, as desired, be used for the preparation of croûtes of fruit. Take a whole pineapple, and remove the peel. Cut it in round slices about ¼ in. thick, and divide each into two pieces of equal size. Bring this fruit to the boil in weak syrup. Drain off the syrup on a hair sieve, and prepare the croûtes as follows. Lay the pieces of pineapple in a sauté pan or shallow tray about ½ in. apart, and cover with jelly. Stand the pan on some ice, so that the jelly sets firm. Meanwhile cut out some thin oval pieces of gâteau paste the same size as the fruit. With a knife, dipped occasionally in hot water, cut out each piece of fruit from the firm jelly, and place these on the shaped pieces of gâteau paste. Build the croûtes in position, each piece half-resting upon the other, to form a circle on the border of a glass or silver dish. Prepare some whipped cream, and flavour this with the fruit syrup which has been previously reduced by boiling. Fill in the centre of the croûtes.

Croûtes of Pineapple.

Forming Dish of Croûtes.

Croûtes of peaches (see Plate, COLD ENTREMETS, No. 1) may be prepared in a shallow tray, or moulded in half-peach moulds. The latter method is more economical, and prevents waste. Stand the moulds in ice water, and set a little jelly in each. Slightly colour the tops of the half-peaches with carmine, and set one in each of the moulds. Fill these with jelly flavoured with kirsch, and when set, turn out on a thin round piece of cake the same diameter as the mould. Place on the dish to form a circle, and fill in the centre with cream from a bag and star tube. Another mode of dishing up is to build a pyramid with the croûtes, and pipe bulbs of cream between them.

Croûtes of Peaches.

Black and white grapes, strawberries, and other fruits may be prepared according to the above instructions, and moulded in shallow fancy-shaped moulds. Tangerines are useful for the preparation of various entremets, especially for these croûtes which are made without jelly or moulds. Cover some pieces of dry tangerine with caramel sugar. Take a sheet of No. 4 gâteau paste $\frac{1}{4}$ in. thick, and with $2\frac{1}{2}$-in. plain cutter stamp out the number of pieces required. Dip the end of a piece of caramel orange into some hot sugar and fix this on the border of the cake. Take a second piece, dip both ends in the sugar, and fasten one end on the cake and the other to the first set piece of fruit. Make a circle of these, place a caramel cherry between, and fasten with hot sugar to the cake. Fill the centre with orange-flavoured cream through $\frac{1}{4}$-in. star tube to form a pyramid.

Croûtes of Tangerines.

Another very nice entremet is known as Croûtes of Madeira. This is one of those, to which reference has already been made, prepared with savarins (see Vol. I, p. 312). Prepare the cake in a shallow mould with a pipe centre. Do not soak the savarin in syrup, but cut it into thin slices, holding the knife diagonally. Place these on a baking sheet, dust with castor sugar, and colour in a hot oven. Mask one side of each piece with hot apricot jelly, place on this a thin slice of pineapple, and build together on a silver dish so as to re-form the original shape of the savarin. Fill in the centre with fresh fruit mixed with a little stock syrup and flavoured with madeira.

Croûtes of Madeira.

For savarin and cherries soak a plain savarin in hot syrup, sprinkle some noyau over it, place on a dish, and mask with hot apricot jelly. Remove the stones from some fresh or bottled cherries, and bring these to the boil in weak syrup. Remove the fruit, and thicken the syrup with a little corn flour; flavour with noyau and add to the cherries. Fill the centre of the savarin, and serve either hot or cold.

Savarin and Cherries.

Savarins may be served with the centre filled with whipped cream, and the fruit and syrup placed round the base. Stewed pears mixed with cream may be served along with soaked savarins, and the combination is an excellent dinner sweet. The fruit may be prepared by stewing in syrup coloured with carmine, or served as prepared in tins. When the fruit has been cooked in the syrup, the latter should be made thick with red-currant jelly, then flavoured with port wine and the rind of a lemon.

Savarins with Cream.

For savarin and apricots steep a savarin in hot syrup, sprinkle some kirsch over it, and place on a dish; mask with hot apricot jelly. Fill the centre with cream, and place round the border some pieces of apricots taken from a thick syrup flavoured with kirsch.

Savarin and Apricots.

Savarin and peaches is prepared as follows. Soak in syrup and finish as for savarin of apricots. Use a mixture of noyau and kirsch for flavouring. The addition of bright glacé cherries mixed with the other fruit gives these entremets a brighter appearance.

Savarin and Peaches.

The swallow's nest entremet (see Plate, Cold Entremets, No. 6)

is prepared with crushed pieces of marron glacé highly flavoured with kirsch and vanilla sugar. Press this paste through a wire sieve and shape it in a fluted savarin mould. Turn out on a dish, and fill in the centre with whipped cream to which a little gelatine has been added. Pipe on the centre enough cream to represent a bird, and fix the tail and wings in position. These appendages may be cut from baked gaufre paste or from a thin piece of angelica, and masked with cream. With caramel colouring and a skewer, mark two small specks to represent the eyes. Pipe bulbs of whipped cream round the base and sprinkle some chopped pistachio over this to represent green moss.

Swallow's Nest.

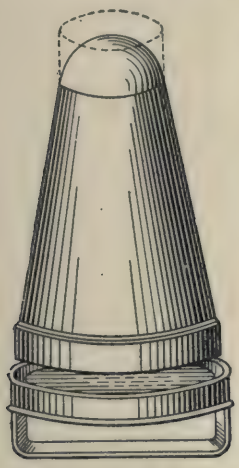


Fig. 106.—Bomb Mould

Small nests may be prepared by shaping the marron (preserved chestnut) in moulds, and transferring to a biscuit base made of Shrewsbury paste (see Vol. I, p. 404).

Small Nests of Marron.

For Mont Blanc Chantilly pound pieces of marron glacé and vanilla sugar together in the mortar. Add whipped cream and a little kirsch, and pass through a sieve. The paste should be rich with cream and of such a consistency that it will pass through the sieve in separate pieces. Lay this on the centre of a dish in pyramid form, and cover with whipped cream. Before serving, it should be sprinkled over with sugar crystals as usually served with coffee.

Mont Blanc Chantilly.

Another sweet that is easy to prepare is made with baked meringue and cream of marron. Line a shallow shortbread hoop with sweet short paste. Fill in with apple jam and bake in a hot oven. Mask this with a thin layer of cold meringue, and return again to the oven to colour. When cold, take a mixture of marron cream, and with a forcing-bag and a small plain tube pipe lines of cream to partly cover the meringue. Sprinkle some pieces of pistachio over this.

Marron and Meringue.

For Venetian pudding prepare a mixing of custard with 1 pt. of milk as for Bavaroise; dissolve in this 1 oz. of gelatine, and stand away to cool. Place some pieces of dry finger biscuits and ratafias into a basin, and soak with a mixture of brandy, sherry, and a little noyau. Cut some preserved apricots, greengages, and cherries into small pieces. Mix these with the custard and soaked biscuits, and turn all into a quart fancy-shaped mould previously decorated with gold-leaf jelly and different coloured fruits. The above mixture may be served with a rich cream sauce made with custard cream flavoured with wine or liqueur.

Venetian Pudding.

For Neapolitan cream prepare a light mixture with three gills of whipped cream, a little gelatine, pieces of preserved ginger, and enough castor sugar to sweeten. Pour into a bomb mould (fig. 106) and set in ice water. In the meantime prepare two separate

Neapolitan Cream.

mixings of chopped jelly, one white and the other coloured with carmine. Turn the cream on to a silver dish and cover with piped lines of coloured jelly, alternating one colour with another. Place a split preserved greengage on the centre, and cover the dish with chopped jelly. Very little gelatine is required to set this cream. If made stiff the jelly will not adhere to the side.

Cream Gauffres.

For cream gaufres line a round or oval charlotte, and mould with pink and white wafers made in cigarette shape with the same paste as used for making copeaux (see Vol. I, p. 425). Make the wafers to fit close together and join them with glacé royal. When these have set firm, turn out on to a base of fondant-iced gâteau paste. Fasten round the centre a piece of pale-green ribbon, and fill in with vanilla cream. Decorate the base with preserved cherries and angelica. To give this cream an attractive appearance it is essential that the wafers should be made thin and baked in a very hot oven.

CHAPTER XV

ENTREMETS

Vanilla Soufflé

For vanilla soufflé weigh into a basin 2 oz. of plain flour, 1 oz. corn flour, 2½ oz. castor sugar, and 1 oz. vanilla sugar; whisk all together with three yolks and ½ pt. of milk added gradually. Bring to the boil over a slow fire while stirring quickly to prevent the paste from becoming lumpy. Remove the paste to a cold pan, and when it has cooled stir in four yolks. Whisk three whites of egg to a stiff foam, and mix these with the paste. Pour into a buttered soufflé dish lined with a buttered paper band, and bake in a hot oven for about thirty minutes. Remove the paper band, dish in a silver soufflé case or on a flat dish; dredge with vanilla sugar, and serve at once. This entremet requires great care, owing to its being very light. It should be served at once.

How to Serve Soufflés.

Vanilla Soufflé Pudding

The foundation of this rich pudding consists of a light cream-bun paste mixed with yolks and whipped whites. Prepare the hot batter with 3 oz. flour, 3 oz. butter, 1 oz. vanilla sugar, and 2 gills milk. Transfer to a cold basin, beat in five yolks, and add gradually six whisked whites. Dress a plain fluted mould with clarified butter, three-parts fill with the mixture, secure a round of greased paper on top, and steam slowly for about forty-five minutes in a covered stewpan. Turn on to a hot dish, and serve with vanilla cream or preserves.

Cooking Soufflé in Steam.

Vanilla Soufflé Fritters

Prepare a mixing of paste as used for éclairs; flavour with vanilla essence. Have ready a pan of clear hot lard or oil. Drop in the mixture with a dessert spoon, and fry the fritters to a light brown. Drain on a papered tray, and dust with icing sugar before serving. Vanilla whipped cream may be served in a sauce boat with these, or some raspberry jam may be forced into each fritter from a paper cornet.

Sauce with Soufflés.

Chocolate Soufflé

For chocolate soufflé add 2 oz. of unsweetened cocoa to the hot paste as prepared for vanilla soufflé. Colour with a few drops of carmine; mix in the whites, and bake in a greased dish. Before serving, dust over with vanilla sugar and powdered cocoa.

Coffee Soufflé

The best flavour for this entremet is obtained by boiling hot, roasted coffee beans along with the milk. When this is not convenient, reduce the quantity of milk by 1 gill, and add some strong coffee infusion. Use the same formula as for vanilla soufflé, and bake in large lining of soufflé case, or in paper ramaquin cases.

To Secure Best Coffee Flavour.

Rice Soufflé

Bring to the boil 3 gills of milk, add 2½ oz. of castor sugar, the zest of one orange, and 1½ oz. of ground rice. Beat the mixture with a whisk until it thickens and is quite smooth; then transfer to a cold pan. Add four yolks and the whipped whites of five eggs. Pour into a buttered soufflé case or plain fluted mould, and bake for about forty-five minutes.

Apple Fritters

Apple fritters are composed of thin slices of apple soaked in brandy, then covered with batter, and fried in hot fat. Other fruit may be used in the preparation of these sweets, with or without spirits or liqueurs, and finished according to the following directions. Take some sound apples, and cut them into slices ⅜ in. thick; remove the cores with a plain round cutter, pare and trim each piece so that all are of the same size; cover with a little brandy. Prepare the batter as follows. Weigh into a basin 8 oz. of flour and 1½ oz. castor sugar; add a pinch of salt, and mix in with the hand sufficient warm water to make a paste thick enough to coat a spoon. Add two tablespoonfuls of salad oil, and allow all to remain for thirty minutes; then mix in the well-beaten whites of two small eggs. Dry the apples with a cloth, and dust with flour. Dip each separately into the batter, and cook to a light golden colour in the fat. Drain on a papered tray, dust with fine sugar, place under the salamand until the sugar is melted, and serve at once. These fritters make very nice entremets, and are suitable for first-class catering.

Preparing the Apples.

Use of the Salamand.

Very often in restaurants and hotels where they are in everyday demand a pan of batter is kept prepared; this makes a lighter fritter than if the batter is fresh made.

Peach Sicilian

For Peach Sicilian open a tin or bottle of preserved peaches, place them to drain on a sieve, and put the syrup into a saucepan with 2 oz. of loaf sugar. Reduce to half the original quantity. Drop in the peaches and bring to the boil; shake all together, and turn out on a wire sieve. Cover the centre of a silver dish with firm vanilla custard; force the centre of each half-peach with paste consisting of crushed ratafias and a little apricot preserve flavoured with kirsch. Turn each piece of fruit on to the custard to almost cover the latter; then brush a little apricot pulp over each, and sprinkle on some crushed ratafias; salamand for a few minutes, and serve hot.

Filling for Peaches.

Pears Sicilian

Another very nice-eating sweet is called Pears Sicilian. In this case the fruit used is pears, but the method is the same as for the foregoing. Prepare with vanilla custard, and soak the crushed biscuits with maraschino.

Apple Charlottes

Apple charlottes are quite different from those mentioned in the list of cold entremets, as these are served up hot with a rich sauce. Prepare the filling as follows. Pare and divide the required number of apples, put into a saucepan with the smallest possible quantity of water, cover, and stew gently till the fruit is quite tender. Drain on a wire sieve. Place the pulp back again into the saucepan with the rind of one lemon, a piece of stick cinnamon, two bay leaves, four cloves, a little apricot preserve, and 2 oz. of fresh butter. Keep the mixture stirred, and allow all to simmer for ten minutes. Butter a plain charlotte mould, cover the bottom and sides with thin finger-shaped pieces of bread dipped in clarified butter; those for the bottom must be cut into pear shapes with a round piece for the centre; those for the sides into ¾-in. strips the same length as the mould used. Each piece should overlap its neighbour. Remove the rind of the lemon, bay leaves, and cinnamon. Fill the mould with apple purée; place a round of bread on top, and bake for thirty minutes in a hot oven. Turn out on to a silver dish, and serve with hot sauce made with the juice of the apples, mixed with apricot purée, and flavoured with rum. Another method of preparing these charlottes is to line the moulds with rich short paste, filling in with cold apple preserve, covering the top with a round piece of the same paste, and baking for forty-five minutes in a hot oven.

Bread Fingers for Lining.

Short Paste Lining for Charlottes.

CHAPTER XVI

THE PREPARATION OF ICES

The manufacture of ices forms one of the most important departments of the confectionery trade. Within the last few years this branch of the catering business has greatly improved, but there is need for further improvement in regard to both materials and utensils.

Good Materials Necessary.

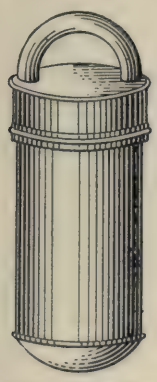


Fig. 107.—Pewter Freezer

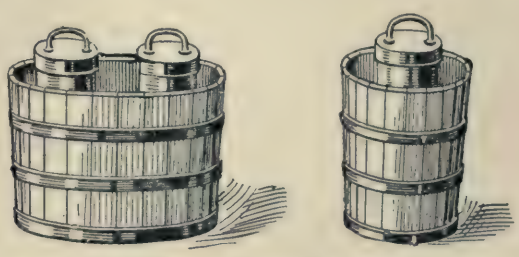


Fig. 108.—Ice Tubs and Freezers

Too often ices are spoiled by materials of inferior quality, or through use of the wrong proportions of ingredients.

For a small trade the best utensils to use for freezing the ices are a pewter freezer (fig. 107), a wooden tub with a plug hole near the bottom, and a spatula (fig. 109). Many of the patent ice machines on sale are inefficient and useless for either cream or water ices. Two most efficient machines are of Austrian and French manufacture respectively, but these are expensive. The Kirchoff (Austrian) is the better of the two, but the Nouvelle Turbine à Glacer (French), shown in fig. 110, is nearly as great a favourite with expert "ice-men".

Utensils Needed.

Best Machines.

Fig. 109.—Ice Spatula

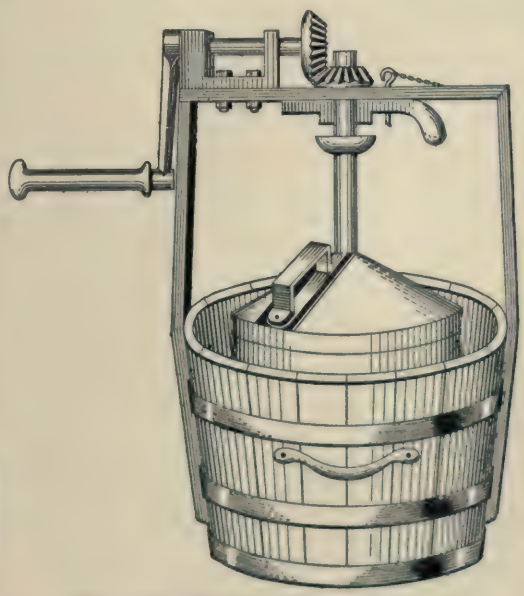


Fig. 110.—French Ice Machine (Turbine à Glacer)

The demand for fancy ices is much greater than it was a few years ago and to meet this demand it is necessary to have a good variety of moulds in stock (fig. 111). These moulds are made of white metal. They require careful drying each time of using, as otherwise they quickly corrode and give the ices an astringent flavour. Pewter moulds last longer. They may be obtained in all sizes, for large puddings, bombs, mousses, &c., or for small ices only sufficient for one person.

Moulds for Ices.

To prepare a sharp frost for freezing the cream or water mixings, add one small shovelful of coarse salt to eight shovelfuls of crushed ice. By adding extra salt a much sharper frost may be obtained, but too much salt quickly melts the ice. In some ice-freezing departments a machine is used for crushing the ice; this is suitable where a large trade is done. Where the turn-over for these confections is not so large, the ice may be broken with a sharp needle ("ice prick", fig. 112), or placed in a wooden frame and pounded with a flat-bottomed pestle. An old tub from which the bottom has been removed answers the purpose, and prevents the ice from being wasted. Fine crushed ice is wasteful; the pieces should be broken only to about the size of large walnuts.

Proportions of Ice and Salt.

Breaking the Ice.

Fig. 111.—Pewter Ice Moulds

There are some machines consisting only of a closed cylinder or box, around which the ice and salt are packed. The cream or mixture to be frozen is simply placed in this receptacle, and allowed to freeze till it is set quite firm. These machines do not produce a soft, smooth, creamy ice, but rather one that consists of hard and soft parts. When using the ordinary freezer, or either of the two machines named above, the spatula is kept in constant use mixing the materials until the mixture is ready. By adopting this method even water ices may be frozen to a rich creamy substance without any signs of coarseness. The smoothness so essential, especially with water ices, is not, however, the result of careful freezing only. There must be a proper proportion of stock syrup or castor sugar added to give the mixture body; otherwise it freezes hard and coarse like frozen water or milk only. To prevent mistakes in this direction, more especially with water ices, it is

Stationary Machines.

Use of the Spatula.

advisable to use a saccharometer for testing the density of the syrup (see fig. 102). Water ices are simply flavoured syrups, and for their preparation in hot weather the flavoured mixture should have a density of 17 to 18 degrees by the saccharometer. The density may be two degrees higher in very cold weather. When finished, the frozen ice cream should cut like firm butter, and should be rich in flavour without any sign of hardness.

Use of the Saccharometer.

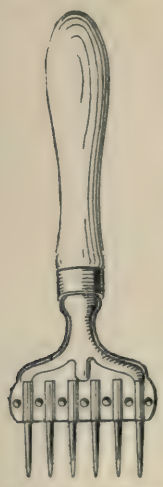


Fig. 112.—Ice Prick

It is necessary at times that ices should be made to carry long distances. When this is the case the mixture should contain a little less sugar. The ices should be frozen carefully, then the freezers packed in large tubs charged with a weak frost—that is, the ice must not have so much salt with it,—then covered with a heap of plain ice over which a little salt is sprinkled. To keep the ice from melting too quickly, it should be covered with a wet sack secured with cord or with small nails. The greatest danger in transporting charged freezers for long distances by road or rail is that the brine from the melted ice and salt may find access to the contents of the freezer. Every precaution must be taken to prevent this.

Method of Stacking Freezer for Transport.

Ice caves are generally employed for storing various soufflés, or for

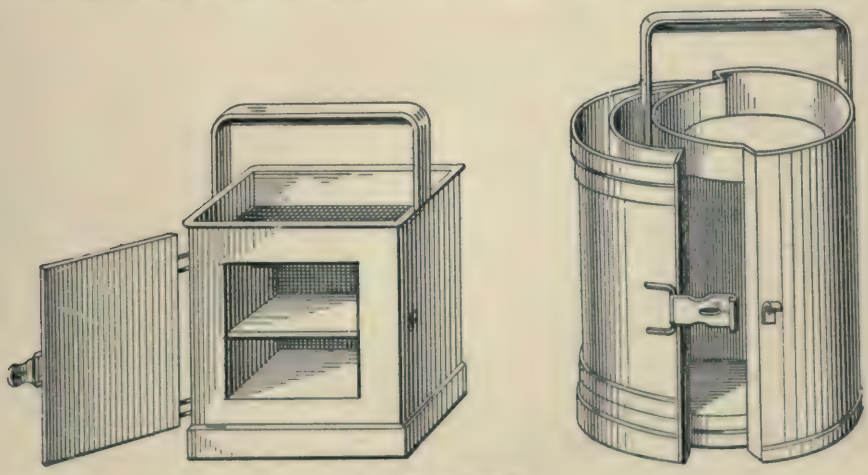


Fig. 113.—Ice Caves

sending out on order ices already dished for placing on the table. For many years oval and round caves made with galvanized iron painted over have been in use in the majority of catering establishments. These are made with a cover which has a rim on top about 3 in. high, which allows a fair quantity of ice and salt to lie on top. Better caves are those shown in fig. 113. This is cleaner, better to handle,

Ice Caves.

and more convenient than those packed in tubs. When fancy large ices require decorating with one or more other kinds of cream, it is safer to open the door of the cave without letting in the salt water than to raise the cover of the other sort of cave described, on which the ice is placed.

Before dealing with the various kinds of ices which may be prepared and served in many shapes and styles, it is necessary to refer to some of the ingredients used in the manufacture. Wherever possible, fresh fruits should be used rather than those preserved in water or syrup, or in the form of jams. When fresh fruits are out of season, or when the price is too high, the next best is fruit purée or fruit juices. With some brands of these pulps it is possible to obtain the proper fresh-fruit flavour and a nice bright colour. Jams, as a rule, are very unsatisfactory in both those respects.

Fresh Fruits best for Ices.

All kinds of ices may be grouped under two headings: as *cream ices* and *water ices.* Various cream ices, including soufflés, mousses, parfaits, biscuit glacé, &c., are prepared with mixtures of cream, or custard and cream frozen together. Several recipes and methods are given below, which, if carefully followed, will give satisfaction.

Cream and Water Ices.

Vanilla Cream Ice

Vanilla cream is one of the most popular ices. It is flavoured with specially prepared vanilla sugar, essence of vanilla, or vanilla syrup, as convenient. The best flavouring is that obtained by boiling the natural vanilla pod or bean in milk, but as this leaves small black seeds, resembling particles of dust, in the cream, customers not familiar with the nature of vanilla complain of the spots and think they are dirt. It is on this account that confectioners use powdered sugar or an essence. In preparing this sugar it is essential to use a hair sieve, through which the pounded sugar and vanilla beans may be passed. Vanilla ice cream may be prepared as follows. Mix together in a basin 1 qt. of cream with 3 gills of milk; add 9 oz. of castor sugar and 2 oz. of vanilla sugar. Pass all through a fine sieve, and freeze with a sharp frost.

Vanilla Seeds in Ices.

Vanilla Custard Ice

Vanilla custard ice is more difficult to prepare, on account of the ease with which the custard may be spoiled. Place in a mixing-bowl nine eggs, eighteen yolks, and 1 lb. of castor sugar; mix all together with a whisk, and while doing so add quickly 2 qt. of boiling milk flavoured with vanilla. Place the pan on the stove, and continue to stir the mixture until it is of sufficient thickness to coat the spoon. Transfer at once to a cold basin; add 1 pt. of cream, and allow the whole to cool before freezing. While the mixture is being prepared it should not be actually boiled, as the extra cooking of the eggs causes a tendency in the mixture to curdle, and in this state it is useless. It is a matter of choice whether the cream is added to the boiling milk, or mixed in when the cold custard is ready for freezing.

Why Custard must not be much Boiled.

FOUR PRESIDENTS

SAMUEL B. LEICESTER, born in Liverpool in 1843, entered his father's milling and baking business, and on its transformation into a limited company in 1888 became managing director. The milling and baking businesses were then separated. Mr. Leicester, who is now retired from business, was an active member of the Liverpool Master Bakers' Association, and was President of the National Association in 1898–99. He is a member of the Society of Friends.

WILLIAM ARUNDEL, born at Gloucester in 1840, removed to Birmingham at an early age. After serving an apprenticeship to baking, he started business on his own account in 1865 and met with great success. He retired from active work in the business a few years ago, and now devotes all his time to public work. He has been a Poor Law Guardian since 1880. He was Treasurer and then Chairman of the Birmingham Master Bakers' Association, and from its foundation has been Treasurer of the National Association, of which he was also President in 1907. He is an active member of the Primitive Methodist Church.

HENRY SMITH, J.P., born in Edinburgh in 1857, learned the baking trade in Pitlochry, where he now runs a flourishing business, founded in 1882 as a branch of one started in Leith in 1876. He took a leading part in forming the Scottish Association of Master Bakers, and was elected President in 1908. He is Chairman of the Pitlochry Parish Council and a member of the School Board.

RICHARD TAYLOR is one of the leading master bakers in Liverpool, where he has been for several years President of the local Bread and Flour Trade Association. He has an excellent reputation as a peacemaker in trade disputes affecting prices and such matters.

SAM. B. LEICESTER
(Liverpool)

WILLIAM ARUNDEL
(Birmingham)

HENRY SMITH, J.P.
(Pitlochry)

RICHARD TAYLOR
(Liverpool)

FOUR PRESIDENTS

Cheap Vanilla Custard

A cheaper vanilla cream is prepared by mixing together 1 oz. corn flour, five eggs, 9 oz. castor sugar, and 2 gills cream. One quart of boiling milk is poured on to the mixture; then the custard is finished as described above. It is flavoured with vanilla essence before using. The addition of corn flour or gelatine to these mixtures prevents the frozen cream from softening when exposed to the atmosphere, but such additions naturally reduce the richness which is obtained from either of the above mixtures, and if either corn flour or gelatine is used in excess it makes the ice tough and livery.

Use of Gelatine and Corn Flour.

Coffee Cream Ice

By adding strong coffee essence to either of the above creams, with additional colouring (black jack), a rich coffee cream ice is obtained. The flavour may be obtained for this purpose direct from the coffee bean as follows. Roast some beans in a pan over a sharp fire, and when highly coloured drop them into the hot milk and proceed to make the custard. The addition of vanilla and one wineglassful of brandy to each quart of custard will improve the flavour. When it is not convenient to make the coffee flavour by this method, a strong infusion of coffee may be used. This is obtained by pouring boiling water through ground coffee placed on a piece of muslin stretched across the top of a basin. For those ices made rich with cream, add some small coffee liqueurs at the time of moulding or when serving for the table.

Preparing Infusion of Coffee.

Strawberry Cream Ice

Strawberry cream is another popular ice. The best flavouring is fresh fruit when that is in season. Pass 1½ lb. of ripe strawberries through a fine hair sieve; add 1 qt. of cream, ½ pt. of milk, 12 oz. of fine castor sugar, and the juice of one lemon or a little citric acid. Colour with carmine, and the mixture will be ready for freezing. The quantity of fruit required to impart the necessary flavour depends upon its ripeness. Some varieties, when fully ripe, contain sufficient flavouring for 1 lb. to make 2 qt. of frozen cream.

Cheap Strawberry Ice

Very nice strawberry ice may be made by using milk instead of cream. In this case a little more sugar must be used, and the mixture should be frozen quickly. It should be quite smooth and of a good flavour. When fresh fruit cannot be obtained, strawberry pulp (purée) will supply the necessary flavouring. Jam is not suitable for the purpose, as it does not give much flavour, and imparts a dark colour to the prepared mixture. As a last resort, essence of strawberry may be used, but it is not very satisfactory.

The Best Flavouring.

Raspberry Cream Ice

Raspberry cream ice is prepared in the same manner as the above, but in place of strawberries, fresh raspberries are used, or prepared pulp, with a little more carmine to produce a deeper colour in the mixture.

Banana Cream Ice

Banana cream ice is insipid by itself, and requires to be mixed with kirsch and lemon juice. The fruit, which must be ripe, should be passed through a hair sieve, and thus made into smooth pulp, and mixed at once with cream, or part cream and milk, to prevent its becoming discoloured. Sweeten to taste with castor sugar, and freeze ready for moulding, or it may be served from the tub. Banana ices for dinner or other functions may be served in the real banana skins laid on green leaves made with pulled sugar. Another method is to mould them in two colours, green and yellow, in pewter moulds of banana shape, and serve at table on sugar leaves. Both methods may be recommended. The former is, however, the most novel. The skin of the fruit is carefully sealed after the cream is forced in. Some surprise is created when an ordinary-looking banana is found to contain frozen ice cream.

Serving in Banana Skins.

Moulding Banana Ices.

Pineapple Cream Ice

Pineapple cream is made by adding fresh or tinned fruit to cream, or part milk and cream, with sugar and a little citric acid. Needless to say, the best flavour is that obtained from fresh fruit. This may at certain seasons be purchased at a low price, made into a syrup or pulp, and preserved for future use. Bruised pineapples may be obtained ranging from 5*d.* to 6*d.* per pound, and, after pulping, these show a better return than tinned fruit.

There are many other purposes, besides flavouring ices, for which this fruit may be used. The best way to prepare the fruit for ices is to pound it in the mortar with a little milk or syrup, and then pass the pulp through a fine sieve before mixing with the other ingredients. When the cream is frozen, some small pieces of preserved fruit of the kind which gives the cream its name are mixed in, and it is then moulded as required.

Preparing Pineapple for Ices.

Glacé à la Crème Pralinée

For glacé à la crème pralinée, roast in the oven 6 oz. of whole almonds, rub them on a coarse sieve, and mix them with 8 oz. of castor sugar which has been boiled to a caramel in a copper sugar-boiler. Add a small piece of vanilla bean, stir all together for a few moments over the stove, and then transfer to a greased marble slab. When this caramel is cold crush it under a rolling pin, or in the mortar. Pass the very fine pieces through a wire sieve and put the coarse pieces away for decorative purposes. Place in a basin 1 pt. cream, 1 pt. milk, and a little

Pralinée Cream Ices.

kirsch. Stir in the caramel powder, and then freeze in the ordinary way. The coarse almonds and sugar may be mixed in at this stage, or may be kept for sprinkling over the moulded ices directly these are turned out of the moulds.

Chocolate Cream Ice

Chocolate cream ice is made by flavouring with unsweetened chocolate a mixture of cream, sugar, and milk, or vanilla custard. The colour will be improved by the addition of a few spots of carmine.

Apricot Cream Ice

Apricot cream is another rich-eating ice. It is made by mixing together twelve large ripe apricots, with 5 gills cream, 1 gill milk, 8 oz. of castor sugar, and the juice of one lemon, with a little kirsch or noyau, and sufficient yellow colour to give the required tint. This is passed through a hair sieve, and finished as required.

Peach Cream Ice

To make peach cream ice obtain some bruised fresh fruit, remove the stones, and pass the pulp, with as much of the rind as possible, through a hair sieve. Add some kirsch, with cream, castor sugar, and lemon juice, and finish as required.

Orange Cream Ice

For 1 qt. of orange cream ice prepare the following materials. One pint of cream, 7 oz. castor sugar, 1 gill milk, two large oranges, and the juice of half a lemon. The best method of removing the zest from the rind of the fruit is by rubbing this on to a piece of lump sugar. The sugar will quickly become saturated with the oil from the fruit, when this may be scraped off with the heel of a knife and mixed with the cream. Where this sugar is not to be obtained, remove the zest with a special zest-scraper (see Vol. I, p. 335). Mix the zest with the milk, and warm on the stove. Pass the orange and lemon juices through a hair sieve, add the cream and sugar, strain on to this the hot milk; then colour with yellow and carmine, and finish as required. The orange flavouring should not be retained in the hot milk longer than necessary, as it will impart an unpleasant taste. Tangerines and lemons may be used in the same manner for flavouring their respective creams.

Pistachio Cream Ice

Prepare the following for pistachio cream ice: 1 pt. cream, 1 pt. milk, 3 oz. ground almonds, 10 oz. castor sugar, one liqueur glass kirsch, one liqueur glass orange-flower water, and the zest of half an orange. Bring half the milk to the boil, with the ground almonds and orange zest. Place all in a mortar, and work together with the pestle until the mixture resembles cream. Pass all through a hair sieve; then add the other

ingredients, colour with Breton green, and finish as required. Very little flavouring is obtained by using pistachio nuts alone for this cream, and as these are much more expensive than ground almonds, it is not advisable to use them.

Flavouring for Pistachio Cream.

Walnut Cream Ice

Walnut cream ice is a favourite. It is prepared as follows. Roast 4 oz. of shelled walnuts, rub them in a coarse wire sieve, and chop them small. Mix with some frozen cream made with the following ingredients: 1 pt. cream, ½ pt. milk, 7 oz. castor sugar, half a liqueur glass of maraschino, with an equal quantity of rose water. Where necessary, the roasted walnuts and sugar may be roasted to a caramel, as for pralinée or burnt-almond cream.

Ginger Cream Ice

Ginger cream ice is quickly prepared. Flavour some cream, or part cream and milk, with ground ginger previously mixed with syrup. Sweeten to taste, and when made firm in the freezer, drop in some small square pieces of preserved ginger.

Brown-bread Cream Ice

For brown-bread cream ice mix together 1½ pt. of cream, ½ pt. of milk, 7 oz. of castor sugar, one liqueur glass of maraschino, and pass the mixture through a hair sieve. Partly freeze in a sharp frost, and at this stage add 2 oz., or more if required, of roasted crumbs, which are obtained by passing the crumb of a stale brown loaf through a wire sieve and further drying in a hot oven. Some confectioners use the crumbs as passed through the sieve, but it is better to roast them further as described above.

Raw or Roasted Crumbs.

Plain Biscuit Ice

Plain biscuit ice is prepared by mixing with cream partly frozen, a mixture of crushed finger biscuits and almond ratafias made with part bitter and part sweet ground almonds. A little sherry or brandy should be added when mixing.

Green-tea Ice

To prepare green-tea ice cream, mash 1 oz. of green tea in 1 pt. of boiling milk. Strain through a piece of muslin into a saucepan with 1 pt. of cream, 9 oz. castor sugar, a piece of vanilla bean, and six eggs. Whisk all together, place on the stove, and continue stirring until the mixture thickens; then transfer to a cold basin. Freeze and finish as required, using a little kirsch or maraschino to heighten flavour.

Nesselrode Ice Pudding

For Nesselrode ice pudding prepare a rich custard with the following: 1 pint of milk, 3 gills cream, eight yolks, two eggs, 6 oz. castor sugar, four bay leaves, the zest of one lemon, and a small piece of stick cinnamon. Strain through a fine sieve, and freeze in a sharp frost. In the meantime

soak some pieces of preserved fruits, cherries, greengages, apricots, and marron glacé in a mixture of half best Jamaica rum and half maraschino. Mix all with the frozen cream, and mould as required. Less sugar is required in hot weather for this pudding, and it is advisable not to make the ice too rich with liqueur; otherwise it will not set firm.

Pear Cream Ice

For pear cream ice bring to the boil ½ pt. of milk, with three bay leaves, a small piece of stick cinnamon, and part of the zest of one lemon. Strain, and mix with 5 gills cream, 1 gill milk, and 7 oz. castor sugar. Take the number of preserved pears usually contained in a small tin, and pass these through a hair sieve. Mix all together, and finish as required.

Cherry Cream Ice

To prepare cherry cream ice with fresh fruit, take 8 oz. of sweet bright cherries and pound to a pulp with pestle and mortar. Add one liqueur glass of noyau, and force the juice and pulp through a hair sieve. Mix in 1 pt. of cream, 6 oz. of castor sugar, and the juice of half a lemon; colour slightly with carmine, and finish quickly. When it is not required so rich, add custard or part cream and milk to the fruit. Bottled cherries will give satisfactory results where fresh fruit is not to be had, only use a little extra noyau. When using hard fruits, pound in the mortar, then cook in weak boiling syrup until tender.

Hazel-nut Cream Ice

Hazel-nut cream is prepared, like pralinée ice, by using roasted hazel nuts in place of almonds, with the addition of half a liqueur glass of rose water.

Caramel Cream Ice

Caramel cream is made by adding to custard, or a mixture of milk and cream, sufficient caramel sugar to colour and flavour. Place 2 or 3 oz. of icing sugar into a copper pan, and stir over a slow fire until it acquires a transparent brown colour; then add sufficient hot milk to prevent its setting hard. On no account should the sugar burn during the preparation.

CHAPTER XVII

SOUFFLÉS, MOUSSES, ETC.

Soufflés do not require freezing in a freezer or ice machine. The mixture is frozen for six or eight hours in a soufflé cave charged with a sharp frost, then removed, decorated with other frozen cream, preserved fruits, or various kinds of nuts, and served in small paper or large silver cases. There are three styles of these ices. The first kind are

Soufflés.

made wholly of whipped cream; the second with part whipped whites of eggs and part cream; and the third of a light sponge made by heating together yolks of egg and stock syrup. The first kind is that made mostly by English confectioners. The method is as follows. Place in a mixing bowl 1 pt. cream, 1 oz. vanilla sugar, 3 oz. castor sugar, and whisk all together. When the mixture begins to thicken, transfer to the lining of a soufflé case. Dredge on top a little powdered cocoa, place in a cave the outer case of which is charged with salt and ice, cover with a damp cloth, and allow to remain until required for use. This method is simple and efficient. Many kinds of soufflés may be made from the same mixture by the addition of various flavours.

Another kind of soufflé, which does not eat so rich, and yet gives satisfaction, is made by adding to each pint of whipped cream the whites of six eggs beaten to a stiff foam. As this mixture is less firm than that made with all cream, it will be necessary to place a collar of cartridge paper round the lining of the soufflé case. This paper should be removed when serving the cream. The smooth sides of the frozen mixture will show above the case. On no account must the cream be too much whipped for these dainty dishes, as this would curdle it and produce a soufflé with a buttery flavour and a rugged appearance. In warm weather, when beating the cream, have all utensils quite cold, and, if possible, lay the mixing-bowl upon a bed of ice.

Cream and Egg Soufflés.

Soufflé of Yolks

For the third kind of soufflé place in a small freezer six yolks, one egg, and half a pint of syrup at a density of 20 degrees. After mixing these ingredients together, stand the freezer in a pan of boiling water. Allow to thicken until it coats the spoon; then transfer at once to a cold pan. With a light whisk beat the eggs and syrup together until the mixture becomes light like sponge batter. Beat until quite cold; then add half a pint of whipped cream; flavour with vanilla sugar, liqueurs, or fruit juices, and set firm in a case lined with a paper collar. The above mixture will give satisfaction for the preparation of a large variety of soufflés and other very light ices. It should show an even texture when cut, resembling a sponge cake.

Soufflés of Yolks and Syrups.

Fig. 114.—Bomb Mould for Ices

Moulded Mousses

Corresponding to the soufflé ice is that known as *Mousse*. This is made according to either of the recipes given above (generally the last) and moulded in a bomb mould, as shown in fig. 114. Owing to this cream being light, great care is necessary when turning it out

Mousse Moulds.

from the mould. On this account each mould is fitted with a screw top, which is easily removed after dipping the mould in warm water. This allows the air to enter, and with a little shaking the ice glides out.

Parfait Soufflés

Another variety is known as *Parfait.* This ice is shaped in a mould slightly different from that used for the mousse. The foundation consists of egg yolks, and syrup prepared as for soufflés, and mixed with whipped cream and flavoured with liqueurs or fruit purées. For the preparation of all ices made with the cream referred to, the following quantities will make a useful base: twenty-five large yolks and 1½ pt. of syrup at 20 degrees.

Parfait Soufflés.

CHAPTER XVIII

WATER ICES AND SORBETS

As refreshing confections water ices are particularly pleasant. There is a slight difference in the several varieties. Some contain more sweetening than others; those which have the least are less smooth, and in a way resemble snow. Some confectioners add whipped egg whites to plain water ices, but this does not really improve the eating qualities. Egg whites should not be added unless required as a cheapening agent.

Whipped Whites in Water Ices.

Lemon Water Ice

One of the best-known water ices is that of lemon water. To prepare a quart, place half a pint of stock syrup in a basin, and add the zest and juice of three lemons. Place the saccharometer in the pan and mix in enough water to give the liquor a density of 18 degrees. Strain through a hair sieve and freeze quickly to obtain a smooth, firm, creamy ice.

Orange Water Ice

For a quart of orange water ice we require three oranges, the juice of half a lemon, or a little citric acid, with the same quantity of syrup and water. Colour with yellow and carmine liquids.

Tangerine Water Ice

To flavour water ices with tangerines, use one orange and six small tangerines for each quart.

Pineapple Water Ice

Pineapple water ice is prepared by flavouring the syrup with fresh or tinned pineapple, pounded fine in a mortar, or with preserved fruit

purée. Colour yellow, and when the ice is ready for placing into moulds, or serving in paper cases, drop in some dice-shaped pieces of preserved fruit.

Peach Water Ice

Flavour peach water with the purée obtained by passing bruised or bottled fruits through the hair sieve. Very good peach purée should be used for this purpose; some varieties are put down in glass bottles. Before freezing, add a little citric acid and half a liqueur glass of kirschwasser.

Apricot Water Ice

Another very nice refreshing ice is that flavoured with apricot purée and half a liqueur glass of kirsch or noyau. Colour with yellow and carmine.

Melon Water Ice

To prepare melon water ice remove the pulp from the inner rind of a large ripe melon. Pass this pulp through a hair sieve, and add three gills of syrup, the rinds of two oranges, a glass of maraschino, a little citric acid, and sufficient water to make the mixture of a density of 18 degrees on the saccharometer.

Strawberry Water Ice

Strawberry water ice is a popular favourite. For this pass 1 lb. of ripe fruit through a hair sieve, add a pint of syrup, a little acid, and the usual quantity of water to produce a density of 18 on the saccharometer. Colour with carmine.

Raspberry and Red-currant Ice

Another well-known ice is that flavoured with raspberries and red currants. Pass through a hair sieve 1 lb. of raspberries, and ½ lb. of red currants. Add 1½ pint of stock syrup, colour with carmine, mix to the usual density with water, and add a few drops of citric acid.

Cherry Water Ice

For cherry water ice obtain the flavouring by pounding fresh or bottled cherries, pass the pulp through a tammy or a hair sieve, and mix with noyau, syrup, and the necessary water. Sharpen with citric acid and colour with carmine.

Sorbet

Another variety of water ice is known as *sorbet*. This is mostly made with less syrup, and frozen rough to resemble snow. The ices are sometimes made to serve in small glasses, flavoured strongly with choice liqueurs. These are generally handed round at the dinner-table before the roast is served.

Lemon Sorbet

To make lemon sorbet prepare lemon water ice with a syrup of a density of 15 degrees. Before serving in glasses add the whites of two eggs partly whipped.

Pineapple Sorbet

When preparing pineapple sorbet add half a liqueur glass of brandy, with an equal quantity of maraschino, to each quart of ice.

Sorbet au Champagne

Sorbet au champagne is prepared by adding half a pint of champagne and a glass of kirsch to a quart of frozen lemon water. When ready for serving, drop in some pieces of fresh pineapple, with a few Muscat grapes and small strawberries or cherries.

Orange Sorbet

For orange sorbet prepare a quart of orange water of strength 15 degrees, and before serving add two glasses of Marsala wine, with pieces of orange from which the pips and rind have been removed.

Grape Sorbet

For grape sorbet mix 6 oz. of ripe Muscat grapes with a quart of elder-flower syrup of strength 15 degrees. Sharpen with acid or lemon juice, add a glass of sherry, and pass through a hair sieve. Prepare in a sharp frost and serve with Muscat grapes; add one piece of fruit to each glass. The stones should be removed from the fruit before mixing with the sorbet.

Millefruit Sorbet

The water ice for millefruit sorbet is flavoured with sherry and elder-flower syrup (see Vol. I, p. 334). When ready for serving, add some finely-cut mixed fruits, either fresh or preserved in sugar.

Granite Sorbet

Granite water ice is very similar to sorbets. The mixture is prepared with a density of 16 degrees, and is left in the machine and only stirred occasionally while freezing. On this account the mixture is very rough when served; hence the name of granite.

Water ices, when served in a semi-frozen consistency, are very refreshing, and the rule is to serve them just before the roast. Besides flavouring with various wines and liqueurs, fruit pulps, coffee and tea essences may be used. The ices are served in fancy cups or small glasses.

CHAPTER XIX

MOULDED ICES AND PUDDINGS

Preparing Moulds for Ices.

Moulding ices is not a difficult task; but when two or three kinds of frozen cream or water mixture are added to one mould, caution is necessary to keep each colour distinct. For this purpose the moulds should be quite cold before using, and for some purposes it is advisable to partly bury them in some finely broken ice and salt. This precaution is essential when lining a bomb or other mould with a thin layer of water ice before filling the centre with a light mousse.

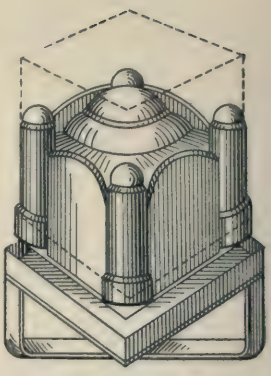


Fig. 115.—Large Ice Mould

Neapolitan Ices

Order of Layers in Mould.

For the preparation of these ices it is necessary to use a mould as shown in fig. 116. Generally three different coloured ices are placed in layers to fill the mould, which is then covered with a sharp frost. Within two hours the ice cream will be frozen hard, and ready for turning out from the mould and cutting into convenient pieces. Place each into a Neapolitan paper, or shallow box, and serve on a napkin or dish paper. It is advisable, when using one water and two cream ices for these moulds, to place a layer of the former in the centre of the two creams, as this method enables the frozen mixture to be cut into pieces more easily than if water ice is placed at the bottom.

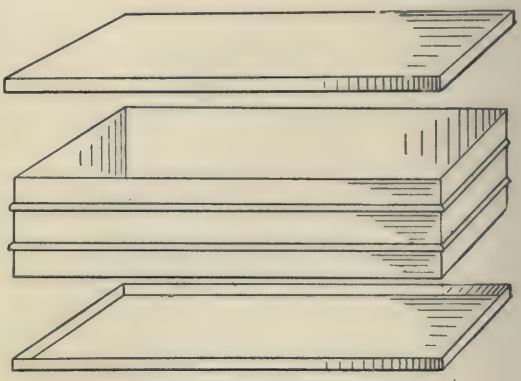


Fig. 116.—Neapolitan Ice Mould

Bomb Dahomey Ice—Bombe Dahoméenne

Taking Ices from Moulds.

To prepare the ice Bombe Dahoméenne, line a mould with chocolate cream; fill the centre with a rich pralinée cream made according to the third recipe; cover over with a piece of paper, fix on the lid, and cover the mould with a strong frost. Allow this to remain for four hours; then remove the mould, dip into warm water, and turn the cream out on a dish.

MOULDED ICES

1. Pineapple Ice.
2. Fancy Shape made with Chocolate and Pistachio Cream Ices.
3. Ice Pudding.
4. Comtesse Marie Ice.
5. Mixed Ice.
6. Fancy Shapes consisting of Lemon Water Ice with Orange Cream centre.
7. Bundle of Asparagus.

1

2

3

4

5

6

7

MOULDED ICES

Melon Ice Pudding

Another very nice shape is made in a melon mould (fig. 117). Line the mould with pistachio cream ice, and fill in the centre with melon water ice, coloured pink and mixed with some thin filleted almonds. When ready, turn out on a dish and decorate with tendrils and green leaves made with pulled sugar.

Fig. 117.—Melon Ice Mould

Brazilian Ice—Glacé Brésilien

This ice is made the shape of a piece of Gruyère cheese. Line a special mould shaped like a small cheese with chocolate cream, fill in the centre with vanilla cream, and cover with ice and salt for two hours.

Pineapple Ice—Glacé Ananas

Fill a pineapple mould (fig. 118) with a rich cream with which small pieces of fruit have been mixed. When ready, turn out on a dish, fix on top a bunch of green pulled-sugar leaves, and cover the sides with small eyes made by touching the ice with a skewer dipped in caramel and carmine. (See the plate of Moulded Ices.)

Fig. 118.—Pineapple Ice Mould

Italian Ice—Glacé Italien

Line a bomb mould with pineapple water ice, and fill in with coffee cream made according to the third recipe for soufflés (see p. 60).

Glacé le Mogador

Line a charlotte mould with coffee cream. Fill in with apricot water ice, and, when turned out on a dish, decorate with chopped roasted almonds and pistachio nut.

Glacé Comtesse Marie

Prepare a square ice mould (fig. 119) with peach or orange water, arrange this in a thin layer, and fill in with a light soufflé mixture flavoured with kirsch. When ready, turn out on a silver dish; ornament the top with small flowers and leaves. Finish by piping on a border with vanilla cream ice. (See plate of Moulded Ices.)

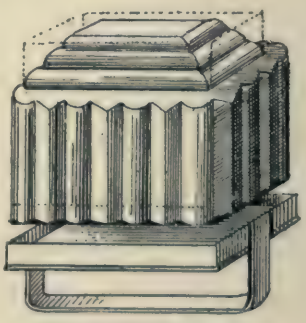


Fig. 119.—Square Ice Mould

Glace Cronstadt

Cover the inside of a bomb mould with apricot water ice; fill in with rich mousse filling, flavoured with kirsch. Freeze solid for three hours; then turn out and decorate with crushed violets.

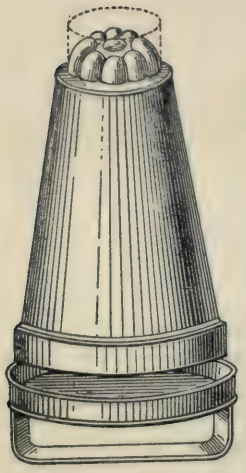


Fig. 120.—Plombière Mould

Apricot Plombiere

Line a Plombière mould (fig. 120) with apricot cream ice, fill in the centre with apricot conserve, cover with a layer of cream, and set in a sharp frost for three hours. When dished, serve with a sauce made with apricot pulp and kirsch.

Tutti-Frutti Glacé

Trim some finger biscuits, sprinkle some kirsch over them, and line a plain charlotte mould. Fill with alternate layers of lemon water, strawberry, and vanilla cream ices, with a layer of mixed fruits, currants, raisins, and chopped apricots between the ice layers. Place in the ice cave to set firm before serving. The mixed fruit should be soaked in maraschino and kirsch prior to using.

Biscuit Imperial Glacé

The most suitable utensils for the preparation of these choice ices are a square wooden box with a small hole near the bottom, and an ice cave about 3 in. smaller to place inside, with a deep collar round the border to keep in the frost. Small oblong paper boxes, or small soufflé cases, may be used for the biscuits. Prepare as follows. Three gills of syrup (at 20 degrees by saccharometer) and twelve yolks are made into a rich sponge batter, as directed in the third recipe for soufflés. Charge the square tub and cave with a sharp frost; remove the cover, and lay in position the number of small paper boxes as required. These should be laid close together, with a thin wood or zinc baton placed on either side to prevent the cream from flowing over. Prepare some whipped cream, thin it with vanilla syrup and maraschino, and pour a little on to the bottom of each paper box. Take part of the egg mixture; flavour strongly with kirsch, and add to it some whipped cream. Pour this also into the paper cases. This cream should cover the shallow boxes entirely and half-way up the sides of the batons. Cover over, and leave for two hours to set firm; in the meantime flavour the remainder of the biscuit cream with maraschino, add some whipped cream, and colour a delicate tint with carmine. Fill in the frames with this sponge, and cover over until ready for the next operation. When quite firm, remove the ices from the cave, separate from the batons with a sharp knife, and cut each biscuit apart. Decorate with crushed violets or pistachio, and return to the cave until required for use. Instead of using violets, a nice finish may be given by masking the tops with thin red water ice.

Fig. 121.—Fancy Ice Moulds

Dutch Biscuits—Biscuits Hollandaises

Prepare some small soufflé cases, place round each a collar of white paper, fill in with a biscuit cream flavoured with kirsch, and place in a tub and cave for three hours. When quite firm, pour some water ice (in a semi-frozen condition) on each. Place away to remain ten minutes for the covering to set; then remove the paper bands and serve.

Forced Tangerines

Obtain some small bright-coloured tangerines. Cut the top of each with a $\frac{3}{4}$-in. plain cutter, remove the cut piece of rind, and with a small teaspoon remove the pulp from inside. Place these away into a cave charged with frost, and proceed to prepare some tangerine cream ice. When the cases have frozen, remove from the cave, and with a forcing-bag and plain tube fill each with the prepared ice. Place the small piece of rind in position to cover the hole, and serve at once; or decorate each with a small tendril and green leaf made with pulled sugar.

Small Peach Ices

Small peach ices are made by lining small peach-shaped moulds with peach water ice coloured a very pale green. The centre is filled in with caramel cream flavoured with kirsch, and frozen for thirty minutes in a sharp frost. Turn the ices out with warm water, and colour each by touching the sides with a muslin bag containing a mixture of powdered carmine and corn flour. There are a large variety of both large and small fancy moulds with which some very neat and natural shapes may be prepared and dished on sugar or nougat stands; or stands may be prepared by freezing coloured water in suitable moulds, in which case, of course, they are really ice stands.

Punch a la Romaine

For Punch à la Romaine prepare 1 qt. of lemon water ice at a strength of 16 degrees. Mix in $\frac{1}{2}$ pt. of champagne, $\frac{1}{2}$ gill of rum, and some Italian meringue made with two whites and a little boiled syrup. Whisk all together; add extra lemon juice if the mixture is too sweet, and serve at once in small fancy glasses.

Another recipe for the preparation of this punch is as follows: one pint of frozen lemon water, $\frac{1}{2}$ gill of curaçoa, $\frac{1}{2}$ gill of brandy, $\frac{1}{2}$ gill of rum, and a little Italian meringue. Some caterers add a strong infusion of green tea in addition to the other ingredients referred to.

CHAPTER XX

HORS D'ŒUVRES

A great many bakers and confectioners have found a profitable outlet for capital and energy in opening restaurants and in catering for social functions. As a rule, even middle-class people when they wish to entertain friends on any extensive scale prefer to place the whole arrangements in the hands of a competent caterer rather than endeavour to do all the work with the ordinary household staff. The caterer supplies the whole plant and all the service for preparation and for entertaining, and gives the hostess no great trouble except paying the very moderate bill which is now the rule. This branch of the business is exceedingly ramified, and it is not the intention in the present work to supply either a complete cookery book or complete instructions, say, for conducting a large residential hotel. The functions undertaken by the baking and confectionery trades are roughly divided into two quite distinct branches. The restaurant business may be of the light-refreshment sort, in which the viands provided are usually cold; or it may be a restaurant proper, in which substantial meals are provided. Outside catering may be confined to functions, such as formal receptions, at which only light refreshments are provided, or light suppers requiring only cold snacks; or it may be so elaborate as to include full luncheons or dinners. All these functions will be dealt with in due course; but as following on from the methods of preparation of desserts and sweets, the preparation of substantial dishes for the restaurant or dinner table will first be given.

Restaurant and Outdoor Catering.

Hors d'œuvres are commencing dishes intended to whet the appetite. They are usually served on small plates, one to each person.

Hors d'Œuvres.

Huîtres au Naturel

Huîtres au Naturel are oysters served in their shells (either the deep or the flat shell; the latter is most used), and should be provided at the rate of four for ladies and five for gentlemen. Cut a lemon into eight parts, and place one piece in the centre of each plate with the oysters round it. Slices of brown bread and butter, either folded or rolled, must be served with them.

Lax sur Croûtes

Lax sur Croûtes are slices of salmon preserved in oil on croûtes of short paste, cut into finger shapes, and garnished with chopped parsley and hard-boiled yolk of egg passed through a sieve.

Canapé à la Zanzibar

Take some small diamond-shaped water biscuits and spread over them a thin layer of chutney. Whip sufficient cream to cover them, mixing in

with the cream a little grated horse radish, vinegar, pepper, and salt to taste; add just enough melted aspic jelly to make it set, then spread it over the chutney. Lay small strips of smoked salmon across, and a caper between each two rows. Dish on small cress, one to each person.

Smoked Salmon—Saumon Fumé

Saumon Fumé is smoked salmon, a favourite hors d'œuvre with Jews. Cut in very thin slices, and dish either on a mound of small salad or on croûtes. Slices of brown bread and butter should accompany it if not served on croûtes.

Bologne Sausage—Saucisson de Bologne

Saucissons de Bologne are thin slices of Bologne sausage dished neatly on a layer of small salad. Other sausages may be served in the same way, such as Lyons, German, &c., but of course the name must be altered accordingly.

Croûtes à la Rosamonde

Take some small round tomatoes, and cut in slices ¼ in. thick. Lay in a dish, and sprinkle with oil, vinegar, pepper, and salt. Then make some round croûtes of short paste a little larger than the tomato; place one slice of tomato on each, a rolled fillet of anchovy on the top, and garnish with hard-boiled yolk of egg and a small piece of white endive.

Huîtres au Caviar

Huîtres au Caviar are oysters on thin slices of lemon spread with caviar on a croûte of fried bread or pastry, and dished on small cress, one on each plate.

Croûtes a la Burlington

Croûtes à la Burlington are oval-shaped croûtes spread with some finely-chopped chicken in Tartar sauce, garnished with a strip of tomato and whipped cream, and a stuffed olive cut in half on top.

Croûtes aux Olives Farcies

These are stuffed olives served on croûtes of short crust, spread with anchovy paste, and garnished with hard-boiled yolk and white of egg.

Tartines de Caviar

Tartines de Caviar are small sandwiches of brown bread and butter spread with Russian caviar. They are cut into fancy shapes, and garnished with pieces of lemon and parsley.

Caviar sur Croûtes

This is Russian caviar spread on finger-shaped croûtes, and piped round the edge with butter. It is dished on small cress.

Croûtes à la Marie

Pass a small tureen of foie gras through a fine wire sieve. Put in a basin, add pepper and salt, and then stir in gently half a gill of cream. Pipe with a star tube on to a round croûte of short crust; garnish with dried cherries cut in strips and with whipped cream.

Little Salad of Prawns—Petite Salade de Crevettes

Shred some lettuce very fine with a little endive and small cress. Mix with mayonnaise sauce, and fill a small fancy paper case. Place a prawn on the top, having previously taken the shell from the tail, decorate with beetroot and cucumber, and sprinkle over with lobster coral.

Russian Salad in Cases—Petites Caisses à la Russe

Prepare a Macédoine of vegetables as directed in last recipe. Then cut some small dice of cooked chicken, together with some cooked salmon, anchovies, and a little small cress (if preferred, add some caviar); put all into a basin, season and mix lightly with mayonnaise sauce with which a little anchovy essence has been previously mixed. Place in small oval or round paper cases, and sprinkle over with lobster coral.

A great many other dishes suitable for hors d'œuvres may be taken from the cold savouries.

CHAPTER XXI

PREPARATION OF SOUPS

Clear or Gravy Soup

Take 30 lb. of leg of beef and a small knuckle of veal, remove the meat from the bone, break up the bones and put them into the stock-pot with the legs and carcasses of two chickens. Next cut up the meat into squares, and place it with the bones, keeping a third back, and pour on to it 30 qt. of cold water. Put the stock-pot on a good fire, and cover. Next place ½ lb. of butter into a braising pot; when melted, put in the meat kept back for the purpose, and braise over a sharp fire to a nice brown colour; then throw this also into the stock-pot, which by this time should be nearly boiling. When just on the boil, ease the meat a little by pushing a skimmer down, and slightly lift it to assist the scum to rise to the top; take off every particle of scum, and after it has boiled for a minute or two throw in a quart of cold water. This will fetch up any scum that has not previously come to the surface. Let it boil for about ten minutes to make sure of taking off all the scum; then move gently on to a cooler part of the stove or, better still, on to a gas stove of sufficient heat only to keep it on the simmer, as quick boiling would

Clearing the Stock.

tend to cloud it. Let it simmer gently for five hours. Then cut up 5 carrots, 2 turnips, 7 medium-sized onions, 1 good head of celery, and add 3 blades of mace, a dessertspoonful of whole allspice, 3 of black pepper, a few sprigs of thyme, 2 cloves of garlic, and 6 bay leaves; place all into the pot, and bring to the boil; then let simmer as before for 1½ hour. Next strain through a cloth into flat dry pans, and place in a cool place for future use. This, being seasoned and coloured, is the foundation or gravy soup, as it is called, from which a good many clear soups are made. For ordinary shop use the above soup is generally served as *Julienne* by adding the garnish, and as *clear ox-tail* by adding pieces of cooked ox-tail and vegetables. For dinner parties a much stronger soup is required, and it is necessary to proceed as follows.

Julienne and Clear Ox-Tail Soups.

Consommé à la Julienne

Take 2 lb. of gravy beef, cut all the sinews out, pass through a mincing machine along with 2 carrots, 1 turnip, 2 onions, and 1 leek. Put all in a bowl with the whites of two eggs. Take 5 qt. of stock or gravy, previously made, just warm this, and stir all together; put into a stewpan, and keep stirring until it boils. Remove to the side of the stove, and continue simmering for 2½ hours; then strain through a cloth, removing any grease by laying pieces of kitchen paper on top; season with salt and a little sugar. The consommé should now be of a clear bright colour. Cut the red part of two carrots, the same quantity of turnips, and two leeks in thin shreds a good inch long; put into a stewpan with 2 oz. of butter and a pinch of sugar; stir over the fire until of a nice light brown colour; moisten with the consommé, and simmer gently for half an hour. Ten minutes before serving add some shredded cabbage and lettuce, previously blanched by lying in boiling water for a minute; simmer for a few more minutes; take off the butter, and serve.

Consommé à la Jardinière

Take two carrots and two turnips; scrape and wash and cut into fancy shapes with cutters. Cut the firm white head of a cauliflower into small flowerettes, blanch them by placing them in boiling water for three or four minutes, strain and put into 3 qt. of consommé, and simmer for thirty minutes; then add the white leaves of two lettuces stamped out with a cutter the size of a sixpence, and a few leaves of tarragon and chervil. Continue boiling until these are cooked. Before sending to table, place in the tureen a few green peas previously cooked; season to taste, and serve.

Consommé à la Brunoise

Prepare as for Consommé à la Julienne, but cut the vegetables (carrots, turnips, leeks, and French beans) into small dice, and fry them in a pan to a light-brown colour with an ounce of fresh butter, a pinch of sugar, and a little salt. Throw in the consommé, and boil until the vegetables are done. Remove the butter, and serve.

Spring Soup—Consommé a la Printanière

Prepare as for Jardinière, adding to the vegetables a few sorrel leaves stamped out like the lettuce, and place in the tureen with the peas the same quantity of asparagus heads previously cooked.

Consommé a la Chiffonade

Remove the fillets of two young chickens, and boil in some good stock. Chop the remainder of the chicken bones, and mix with the clarification (as for Julienne); simmer for 2½ hours and strain; then add the white leaves of two cabbage lettuces, a few leaves of sorrel, a little tarragon and chervil, and a little celery, all shredded fine. Boil until cooked, season, and serve. Care should be taken to keep this soup of a delicate flavour.

Consommé à la D'Esclignac

Break into a basin six yolks of eggs with a little pepper and salt; beat together for a second or two; then add a gill of cold liquid consommé, pour into a plain buttered mould, and place into a tightly-covered stewpan containing 1 inch of boiling water. Remove to the side of the stove so as to keep just under boiling-point (as by boiling the custard curdles). Leave until it is firm in the centre; when cold, cut into shapes, mix with squares of cooked turnip, and add to consommé.

Clear Soup with Custard—Consommé a la Royale

Consommé à la Royale is the same as above, omitting the turnip.

Consommé aux Profiteroles

Take a little petit chou or éclair mixture (see Vol. I, p. 397), and stir in a little grated Parmesan cheese. Pipe this out on a baking sheet, with a bag and small tube, in pieces about the size of peas, and bake to a golden colour. These little balls are thrown into the consommé at the last minute. If kept too long in the soup, they become sodden, and are, of course, spoiled.

Clear Soup with Quenelles—Consommé aux Quenelles

Consommé aux Quenelles has, in its ordinary form, very small quenelles either of chicken, beef, or veal. For *Consommé de Gibier aux Quenelles*, of course, quenelles of game must be used. It will be found best to shape them with two teaspoons. Spread one spoon with a knife, and with the other spoon, previously dipped in hot water, divide in half the one that is spread; place on a sauté pan, cover with boiling clear stock, and simmer for five minutes.

Clear Vermicelli Soup—Consommé au Vermicelle

Take 2 oz. vermicelli, break it into the lengths required, and place it in boiling water. Continue boiling for five minutes, then throw into a basin of cold water, strain and put with 2 qt. of consommé; bring to the boil,

skim off any froth that may rise to the top, and simmer gently until the vermicelli is cooked. This soup should be served with grated Parmesan cheese served on a separate plate.

Clear Macaroni Soup—Consommé au Macaroni

This should be prepared in the same way as the preceding, only adding to the boiling of the macaroni a pat of butter and a little salt and pepper. It will take about thirty-five minutes to cook. Cheese should accompany this also; in fact it should accompany any soup that has a garnish of paste.

Consommé à la Lélie

Place in the tureen some shredded chicken, carrot, a little tarragon previously cooked, and some shredded blanched almonds. Pour on the boiling consommé and serve.

Consommé Pompadour

Cut some carrots and turnips into small fancy shapes. Cook and mix with some small shapes of steamed whites and yolk of egg, as for à la Royale (having only half the amount of consommé for the whites), and colour a little of each before steaming. Keep the colours very pale. Place all into a tureen and pour on boiling consommé.

Consommé à la Princesse

Consommé à la Princesse contains small quenelles of chicken which have been made from the fillets of two chickens, the bones, &c., having been used with the clarification and reduced until a good chicken flavour is produced. Strain, and add to the quenelles some fancy shapes of carrots and turnips and a few green peas.

Consommé à la Palestine

This has a garnish of Jerusalem artichokes (cut into small balls with a vegetable scoop) previously cooked and placed in the tureen.

Consommé à la Valetta

This has a garnish of slices of Tangerine oranges and shredded peel of the same. Care should be taken to remove all pips.

Consommé à la Nivernaise

Take two good carrots, shape into pieces the size of an olive, and boil for ten minutes. Strain and throw into 3 qt. of boiling consommé. Cut three turnips in the same way and place in a sauté pan with a pat of butter and a pinch of sugar. Shake over the fire until of a golden-brown colour; put also in consommé and simmer gently until they are done. Cook some very small Brussels sprouts and place in a tureen, after removing the butter from the surface of the consommé; season and serve. If the price allows, some very small quenelles of game should be added.

Consommé Dauphiné

This is a chicken consommé, with a garnish of custard cut into shapes along with asparagus heads and a few tarragon leaves.

Clear Ox-tail Soup—Consommé aux Queues de Bœuf

Cut an ox-tail through the joints, and cut the large pieces again. Blanch for fifteen minutes and cook in 3 qt. of consommé. Skim well all the time. When nearly done add some pieces of carrot and turnip, and simmer until all are cooked. Remove the fat, season, and serve.

Clear Mock Turtle Soup—Consommé Tortue Fausse

Take half a calf's head, remove the brains and tongue, take off the scalp in one piece, wash and place in a stewpan, with 3 qt. of water and 3 qt. of stock; add ½ oz. basil, ¼ oz. marjoram, 2 blades of mace, 2 onions, 2 carrots, 1 turnip, a sprig of thyme, 2 bay leaves, and a little parsley and celery. Bring to the boil and simmer until the scalp is cooked. This will take from two and a half to three hours. When done, lift out and place between two dishes with a weight on top to press, set to get cold, let the remainder of the stock boil another hour, then clarify in the usual way, adding, if required, a quart of consommé. Cut the pressed pieces of scalp into 1½-in. squares, and before sending to table season and add a gill of good sherry.

Clear Turtle Soup—Consommé Tortue

The following directions are given for killing, dressing, and preparing turtle for soup, though it is advisable, unless very large quantities are required, to procure it from turtle dealers, where any quantity of fresh meat can always be had. Take a turtle of about 70 or 80 lb.; kill it by cutting off the head, and allow it to bleed for some hours; then lay the turtle on its back and cut between the two shells, working round the edge of the belly shell. Take off this shell and remove all the inside, taking care not to lose any of the green fat, which must be put to steep in cold water. Cut off the fins and remove the fleshy parts, divide the shell into several pieces, and place head, fins, and pieces of the shell in a pot of boiling water. Boil for ten minutes; then take each piece out and remove the thin shell; place all in a stock-pot, giving plenty of water, and boil until tender; remove the meat, and press; put the bones back and continue boiling until very strong. Add an equal quantity of good consommé, 2 blades of mace, 6 cloves, white pepper, 4 oz. green basil, 2 oz. marjoram, 1 oz. lemon thyme, and a handful of parsley; continue boiling for 1½ hour, adding half a bottle of good sherry; season and strain, and keep for use. Cut the cold pressed turtle meat into pieces not less than 1½ in. square, and allow to simmer for twenty minutes before serving. Lemon cut in pieces should accompany this soup.

Green Fat.

Clear Game Soup—Consommé de Gibier

Remove the fillets of two pheasants and one partridge. Chop the remainder up and place in a stewpan, with 1 oz. of fresh butter, 2 carrots, 1 turnip, 1 onion, and 1 leek; braise over a brisk fire for a few minutes, stirring all the time; then add 4 qt. consommé, bring all to the boil, skim and remove to the side of the stove to simmer gently for two hours. In the meantime make some very small quenelles from the fillets and place in a tureen ready for use; strain the soup, and, if required, clarify with two whites of eggs, add a wineglassful of good sherry, season, and pour on to the quenelles in the tureen. Any other game may be prepared in the same way as above.

Thick Tomato Soup—Purée de Tomates

Take two each of carrots, turnips, and onions; slice with a little ham and place in a stewpan with 2 oz. of butter and a few parsley roots. Stir over the fire for ten minutes; then add 2 qt. of stock and 10 ripe tomatoes. Boil gently for two and a half hours; then pass through a hair sieve; return to the stewpan, and, if required, add a little roux; season, and serve.

Thick Mock Turtle Soup—Potage Tortue Fausse

Take a calf's head and remove the scalp, tongue, and brain. Chop the remainder up and place with the scalp in a large oval pot containing 6 qt. of water, and continue simmering gently until the scalp is tender. This will take about two hours. Lift out and place on a dish. Press and place in a cool place until wanted. Let the remainder continue boiling for one hour. In the meantime strain and place in a braising pot 6 carrots, 4 onions, 3 turnips, 1 head of celery, 2 cloves of garlic, 2 cloves, 2 bay leaves, 2 blades of mace, a few whole spice, black pepper, 1 oz. basil, ½ oz. marjoram, ½ oz. thyme, some sliced ham, and ½ lb. of butter. Place the pot over a brisk fire and continue stirring until of a nice golden-brown colour; then stir this into the stock and boil for one hour. Remove to the side and add sufficient brown roux to thicken. It should be of the consistency of a thin sauce. Boil for half an hour longer, then pass through a tammy cloth into another stewpan; place on the fire and bring to the boil, removing all scum, and stand on the stove side to allow any fat to come to the top. Remove the fat, then add seasoning and half a bottle of sherry, also a little lemon juice. Ten minutes before serving throw in pieces of scalp cut into 1½-in. squares and a few forcemeat balls.

Thick Ox-tail Soup—Potage aux Queues de Bœuf

Take two good ox-tails and cut into pieces about 1 in. long—the large pieces of course must be divided into four. Place into a braising pan with 4 carrots, 2 small turnips, 3 onions, 1 head of celery, a little basil, marjoram, and thyme, a handful of parsley, 2 bay leaves, 2 blades of mace, and some black peppercorns, ¼ lb. butter, and a thick slice of ham. Give them a good braising over a sharp fire; then stir into 4 qt. of good stock, and

simmer gently until the meat is thoroughly done. Lift out, and finish the soup as for mock turtle (omitting the sherry). Add a teaspoonful of mushroom ketchup and a small glass of port wine. Put in at the last minute the pieces of tail and some mixed vegetables previously cooked.

Thick Grouse Soup—Potage aux Coqs de Bruyère

Take four grouse and roast them. When cooked, remove all the meat from the bones, the latter to be placed in a stewpan with a glass of sherry, an onion, a carrot, a little celery, 3 cloves, 2 shallots, a blade of mace, and a sprig of thyme. Simmer these over the fire for a quarter of an hour; then pour in 2 qt. of good stock, simmer for two hours, then strain. While this is being done, cook three tablespoonfuls of rice in a good stock; mix the meat with it (except the fillets, which must be cut into dice to go into the soup when finished), and pound in a mortar; then add to the stock made from the bones. Boil for ten minutes, stirring all the time; then pass through a hair sieve or tammy cloth; season, and add a gill of cream; then serve.

Thick Partridge Soup—Potage aux Perdreaux

Prepare as for above, substituting partridges for grouse. If desired, small quenelles of game may be added to these soups. This addition makes a good finish.

Pheasant Soup—Potage aux Faisans

This is made in the same way as for grouse soup.

Rabbit Soup—Potage aux Lapereau

Roast two rabbits. When done, remove the meat. Chop the bones and boil them with a carrot, a small onion, a turnip, a little thyme, some parsley, a blade of mace, and 3 qt. of good white stock for an hour; then strain and add the pounded meat and half a cup of pearl barley which has been previously cooked for the purpose. Simmer the whole for twenty minutes; then pass through a tammy cloth; season, and add ½ pt. of cream.

Hare Soup—Potage de Lièvre

Take a good-sized hare and cut into pieces. Place in a stewpan, with 2 carrots, 2 onions, a head of celery, a sprig of thyme, 2 bay leaves, a blade of mace, 3 cloves, and ¼ lb. butter. Fry all these of a light-brown colour; sprinkle a handful of flour over, and moisten with half a pint of port wine; then add 3 qt. of good stock; bring to the boil; simmer gently for two hours, taking care to remove the butter as it comes to the top. Take out the pieces of hare when done; put the best pieces aside and pound the remainder; then stir the pounded meat in the soup again, pass through a tammy cloth, season, and add pieces of hare kept back for this purpose. If desired, small forcemeat balls can be added to this soup.

Ox-cheek Soup—Potage à la Hesse

Prepare as for ox-tail soup, adding to the vegetables some small button onions and pieces of the ox cheek.

Prince of Wales Soup—Potage à la Prince de Galles

This is mock-turtle soup, with quenelles of veal added.

Queen Soup—Purée à la Reine

Take two fowls and boil for an hour in chicken stock with a little vegetable. Remove the fillets and pound the remainder with some boiled rice. Return to the stock, boil for one hour, then pass through a tammy, make hot, season, and add a gill of cream to each quart of soup. Small dice of fried bread should accompany these soups.

Potage à la Bonne Femme

Put 2 oz. of butter in a stewpan. When melted, add four lettuce leaves and a handful of sorrel, previously shredded as for Julienne. Stir over the fire for ten minutes; then add 2 qt. of good chicken broth; boil for an hour. Remove from the fire and add eight yolks of eggs mixed with ½ pt. of cream, 1 oz. fresh butter, and a pinch of sugar. Stir the soup over the fire to cook the thickening, season, and pour into a tureen. Add some dried crusts of French roll cut small.

Thick Asparagus Soup—Purée d'Asperges

Take a good bundle of spring asparagus. Wash and cut up, and place in 2 qt. of boiling veal stock. Continue boiling until the asparagus is quite cooked; then rub through a tammy. Season, and add a little spinach green to give it a delicate green colour, and serve with croûtons of fried bread.

Scotch Broth—Potage à l'Écossaise

Cut up a neck of mutton, and, after removing the best of the cutlet meat, put in a stewpan with 2 carrots, 1 turnip, 2 onions, 1 leek, parsley, and thyme. Boil for three hours. When time allows, this stock should be prepared the day before it is wanted, as the fat can then be easily removed. The cutlet meat which has been kept back should be cut into small cutlets, and cooked with 2 carrots, 2 turnips, 2 onions, 1 leek, and 1 head of celery. Cut into small dice and add about a breakfast-cupful of Scotch barley previously boiled for a quarter of an hour. Add the broth, and cook until all are tender; season and throw in a little chopped parsley, and serve.

American Soup—Potage à l'Américaine

This is a white chicken soup with some purée of tomato added, and also some pieces of chicken and skinned tomato cut into dice.

CHAPTER XXII

VEGETABLE SOUPS

Chestnut Soup—Purée de Marron

Take 2 lb. of chestnuts, slit the skins with a knife, and drop into boiling fat for two minutes. While hot, remove both the outer and inner skins; then place into a stewpan with 3 qt. of boiling veal stock; cook until quite tender. Take the chestnuts out and pound them in a mortar, adding a pinch of nutmeg; return to the stock, stirring all the time, and boil for half an hour. Be sure that the soup is thick enough. Strain through a hair sieve, and add half a pint of cream; make hot, but do not boil; season, and serve with croûtons of bread.

Carrot Soup—Purée à la Crécy

Take a dozen carrots; cut up small, and place in 3 qt. of veal stock. Simmer until quite tender; then pass through a hair sieve, and return to the stewpan; bring to the boil, season, make sure the soup is of the right thickness, and add half a pint of cream.

Barley Soup—Crème d'Orge

This is a white chicken soup thickened with pearl barley. If small quenelles of chicken are served in it, *à la Louise* is the correct name. Croûtons of fried bread should be served with it.

Spinach Soup—Purée d'Épinards

Cook 2 lb. of spinach in the usual way with one lettuce and a few sorrel leaves. Having prepared 3 qt. of white veal soup, chop the spinach, &c., and add to the soup, stirring all the time; simmer for half an hour; season, and add a pinch of nutmeg; pass through a hair sieve, and add half a pint of cream. Croûtons to be served with it.

Artichoke Soup—Purée à la Palestine

Peel and wash 4 lb. of Jerusalem artichokes. Cut them up and put them in a stewpan with 2 oz. of butter and a sliced onion; simmer gently on a slow fire until beginning to reduce, taking care to keep them perfectly white. Then add 3 qt. of veal stock and a teaspoonful of castor sugar Simmer gently for an hour, pass through a fine hair sieve, make hot again, season, and add half a pint of cream.

Turnip Soup—Purée à la Bretonne

Proceed exactly in the same way as for artichoke soup, using turnips, and adding a pinch of nutmeg.

Green-pea Soup—Purée de Pois Verts

Put 2 qt. of green peas, 6 good sprigs of mint, a handful of parsley, and 3 green onions into 3 qt. of boiling stock. When the peas are quite done, strain, and pound all together in a mortar. Return to the stock, stirring all the time. When thoroughly mixed, pass through a hair sieve; make hot, season, and add half a pint of cream. If the soup does not seem to be of a good colour, a little spinach green should be added.

Potato Soup—Purée de Pommes de Terre

Take a dozen good potatoes, cut up and place with one onion and a little celery, also cut up, and 2 oz. of butter, in a stewpan. Reduce until nearly a pulp, taking care, however, not to brown them. Add pepper, salt, and a little nutmeg; pour on 2 qt. of boiling white stock, and simmer gently for three quarters of an hour; pass through a hair sieve, make hot, and add half a pint of cream. This soup is often called *Potage Parmentier.*

Dutch Soup—Potage à la Hollandaise

Cut 3 carrots, 3 turnips, and 1 cucumber into small half-moon shapes. Cook them in 3 qt. of good stock (veal). When done, remove and place in a soup tureen. Mix well together nine egg yolks with half a pint of cream, and stir into the stock, which should be kept hot, but not boiled, until of a nice smooth consistency. Season, and pour on to vegetables.

CHAPTER XXIII

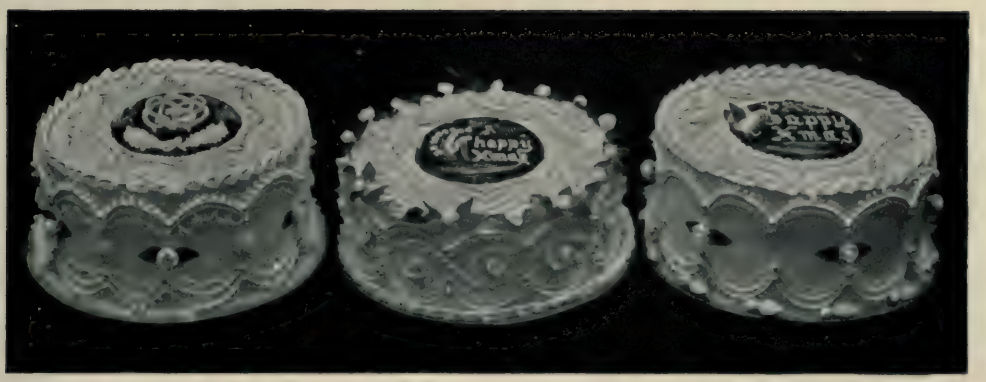
FISH SOUPS

Lobster Soup—Bisque de Homard

Take two good lobsters, break open and place all the shell in 3 qt. of boiling white stock. Meanwhile pound the lobster meat (unless any is required to be cut up to put into the soup, which some people prefer) with a small teacupful of boiled rice. Strain the stock from the shells, when as much nutriment as possible has been abstracted, and add the purée. Simmer for half an hour; rub through a hair sieve; return to the stewpan, and add pepper, salt, and a pinch of mace, a little anchovy essence, and a spoonful of good white sauce. Before sending to table, add half a pint of cream.

Crayfish Soup—Bisque d'Écrevisses

Take two dozen live crayfish, and place in a bowl of clean water. Cut up 1 carrot, 1 small onion, 1 turnip, a small head of celery, and place in a stewpan with ¼ lb. of butter, adding two bay leaves and a sprig of thyme. Fry all these for five minutes; then throw in the crayfish. Continue stirring for another five minutes; then add a glass of white wine and 2 qt. of good white stock. Boil for twenty minutes; then remove the



COMMERCIAL CHRISTMAS CAKES

EXHIBITION BIRTHDAY CAKE

SPECIMENS OF CAKE DECORATION

crayfish, and strain the stock, pressing the vegetables to get all the flavour out of them. Take the shell off the tails, taking care not to break them, and place the tails in the soup tureen; pound all the remainder in the mortar and return to stock, adding half a pint of white sauce and a little anchovy essence. Boil for half an hour, and rub through a tammy cloth. Make hot, add a little cream, season, and pour on to the tails.

Oyster Soup—Bisque aux Huîtres

Take two dozen oysters, place them in a stewpan, and bring to the boil. Take the oysters out (saving the liquor), pull off the beards and hard part, and place the hard part in a stewpan with two whitings cut up, one carrot, a little celery, a blade of mace, and a sprig of thyme. Boil all together in 2 qt. of white stock, adding a glass of white wine. Simmer for an hour; then strain and thicken with a little white roux; season, and add half a pint of cream and a little lemon juice; pour on to the fleshy parts of the oysters, which have been kept back for the purpose.

Mussel Soup—Bisque à la Dupoise

Proceed as for oyster soup, keeping back the delicate parts of the fish. Mix four egg yolks in with the cream, and pour into the soup. Keep just under the boil for five minutes, and pour on to the mussels in the tureen.

Shrimp Soup—Bisque à la Normande

Take 3 pt. of good shrimps. Pick and cleanse 1 pt. of them; place the remainder in a stewpan with one carrot, a little celery, a little parsley, a sprig of thyme, and 2 oz. of butter. Fry all these over a slow fire for ten minutes; add 2 qt. of white stock, and boil for half an hour. Take out the shrimps, and pound in a mortar; put back in the broth, and thicken with white roux; add a little anchovy essence. Continue simmering for half an hour; rub through a tammy cloth into a soup pot; bring to the boil; skim, season, and add a little cream; then pour on to the picked shrimps.

Prawn Soup—Bisque de Crevettes

Prepare exactly as for shrimp soup, using three dozen large prawns in place of shrimps, and carefully shelling the tail parts to place in the soup when finished.

CHAPTER XXIV

SAUCES

White Roux Thickening for Sauces

Place 1 lb. of butter in a bain-marie and stand on the corner of the stove to melt (or clarify). Pour gently into a stewpan, taking care not to let any of the dross go in; then stir enough flour in to make a stiff paste.

Leave on the side of the stove for two hours, stirring occasionally (but taking care not to brown); turn into a basin. Always keep some on hand.

Brown Roux Thickening for Sauces

Prepare exactly as above, only leave on a hotter part of the stove to acquire a deep golden colour, taking care to do so gently and not to burn.

Brown Sauce—Sauce Espagnole

This is the foundation of most brown sauces, and in a business establishment should be kept always on hand for preparing the brown sauce. Reduce 4 qt. of good stock with any trimmings (veal or rabbit bones will do) to half its quantity, and pour on to 1 carrot, 1 onion, 1 turnip, a handful of parsley, and some sliced ham which have been well braised in a little butter over the fire. Add some tomato purée, and boil for half an hour. Thicken with brown roux, a little thicker than will be required when finished, to allow of other ingredients being used in it. Simmer gently and remove all fat from the surface. Pass through a tammy cloth, and keep in a cool place for use. If not quite of a rich brown colour, add a little glaze, or, if necessary, a little colouring

White Sauce—Sauce Velouté

Use seasoned white veal or chicken stock for this sauce. Reduce it, and thicken with white roux. When stock is not available, a good plan is to add an equal quantity of boiled milk, after the stock has been thickened, and pass through a tammy for use.

Italian Sauce—Sauce Italienne

Chop a small onion with a handful of fresh, dark mushrooms, and place in a stewpan with 1 oz. butter, a little thyme, and a bay leaf. Reduce over a fire for ten minutes, remove the bay leaf and thyme, and add 1 pt. of brown sauce. Boil for twenty minutes, season, skim, and, if desired, add a little dark sherry.

White Italian Sauce—Sauce Italienne Blanche

Use white mushrooms, and proceed exactly as for brown Italian sauce, using white sauce (velouté) instead of brown (Espagnole). Add a little white wine and cream.

Sharp Sauce—Sauce Piquante

Chop fine 6 gherkins, 3 shallots, and a few capers. Put to boil in a gill of vinegar, with a little thyme and a bay leaf. Reduce to one-half, add 1 pt. of Espagnole sauce, simmer gently for twenty minutes, season with cayenne pepper and salt, and then remove the thyme and bay leaf.

Tomato Sauce—Sauce aux Tomates

Take six ripe tomatoes and squash them in a basin. Put about ¼ lb. gammon, cut small, into a stewpan containing a little butter, an onion cut

up, a bay leaf, and a sprig of thyme. Fry these for a few minutes over the fire; then add the tomato, and simmer until all are melted. Then pass through a sieve and return to the stewpan. Add half a pint of chicken or veal stock; thicken with roux, and season with cayenne pepper and salt and a dash of vinegar. Pass through a tammy or very fine strainer.

Genevese Sauce—Sauce Génevoise

Make a braising of a little gammon cut up with an onion, a carrot, a little celery, some parsley, butter, and mushroom. Braise over the fire for a few minutes; then add a gill of claret and boil for five minutes. Add a pint of Espagnole sauce; simmer gently for twenty minutes; then skim, and pass through a tammy. Stir in a spoonful of chopped parsley, half a spoonful of chopped capers, a little lemon juice, some anchovy essence and grated nutmeg, pepper and salt.

Matelote Sauce—Sauce Matelote

Take the stock that fish has been cooked in, and strain it into some Espagnole sauce. Reduce well, skim, and add a little anchovy essence, grated nutmeg, and mushroom ketchup. Season well and serve.

Lobster Sauce—Sauce de Homard

Break up the shells and head, &c., after removing the flesh of the lobster. Put to boil in 1½ pt. of milk and reduce for a few minutes. Strain and thicken with white roux, and add the spawn passed through a sieve. Add a little anchovy essence, also pepper and a little salt if required; then pass through a tammy on to pieces of lobster cut into small dice.

Maître d'Hôtel Sauce

To a pint of boiling velouté sauce add a dessertspoonful of chopped and blanched parsley, a little lemon juice, a pat of fresh butter, pepper, salt, and a very little cream.

Curry Sauce—Sauce à l'Indienne

Slice up an onion, a carrot, and a little celery, and place in a stewpan, with a little butter, a blade of mace, a sprig of thyme, two bay leaves, and some parsley. Fry for ten minutes over the fire; then add a tablespoonful of good Indian curry powder. Continue frying for a few more minutes, taking care that it does not burn; then stir in sufficient flour to thicken it, and moisten with stock made from whatever it is to be served with. Let it simmer gently and remove all fat; then strain and pass through a tammy for use.

Mayonnaise Sauce—Sauce Mayonnaise

Place the raw yolks of three eggs in a basin with a little pepper, salt, and mustard. Stir quickly with a wooden spoon or whisk, adding salad oil, a few drops at a time at first, until it begins to get thick; then it can be

added in larger quantities. When nice and stiff, add a little vinegar and lemon juice. Make sure that it is seasoned correctly. Just before serving, stir in a little cream.

Green Mayonnaise Sauce—Sauce Mayonnaise Verte

Use some finished mayonnaise sauce and colour with vegetable green, or, if preferred, blanch some tarragon, chervil, and parsley. Squeeze in a cloth, pass through a hair sieve, and mix with the mayonnaise.

Red Mayonnaise Sauce—Sauce Mayonnaise Rouge

This sauce is made by pounding some lobster coral and passing through a sieve, and mixing with some mayonnaise sauce. Of course it is to be used only for fish.

Tartar Sauce—Sauce Tartare

Make in the same way as mayonnaise sauce, using tarragon vinegar, and, when finished, add some chopped tarragon, chervil, and capers.

Rémoulade Sauce (Cold)

Blanch in a little white wine some tarragon, chervil, parsley, and a clove of bruised garlic. Strain, remove the garlic, and pound the remainder with five hard-boiled egg yolks. Add three tablespoonfuls of salad oil, one of tarragon vinegar, and a little tomato ketchup. Season with pepper and salt, and add a few finely-chopped capers.

Rémoulade Sauce (Hot)

Take a handful of fresh mushrooms chopped very fine, and place them in a stewpan with 1 oz. butter and a bruised clove of garlic. Fry over the fire for ten minutes; then remove the garlic and put the mushrooms in a pint of velouté sauce. Bring to the boil, remove the butter from the top, and stir in the yolks of two eggs (and set them) and a little vinegar, mustard, and chopped parsley.

Provençal Sauce

Prepare as for cold rémoulade sauce, pounding some capers and filleted anchovies with the other ingredients, and, when finished, add some very finely chopped parsley.

Sauce for Cold Meat, Brawn, etc.

Put in a basin 3 parts of salad oil, 2 of vinegar, 1 of castor sugar, some French mustard, a little A1 sauce, some pepper and salt, and mix well together and serve.

Caper Sauce—Sauce Câpre

Boil ½ pt. of milk, add to it ½ pt. of mutton stock, and thicken with white roux. Season and add capers, either whole or chopped, a dash of caper vinegar, and a little cream.

Brown Caper Sauce

This consists of Espagnole sauce with capers, a little vinegar, and a little of the liquor from whatever it is to accompany.

Black Butter Sauce—Sauce Beurre Noir

Brown some butter in a stewpan by letting it fry for a little while. Skim and strain into a stewpan with a gill of vinegar, some chopped capers, mushroom ketchup, Harvey sauce, pepper, and salt. Bring to the boil, adding a piece of dark glaze. This sauce invariably accompanies skate or grilled mackerel.

Egg Sauce—Sauce aux Œufs

Make some melted butter sauce by putting a little butter in a stewpan. When melted, tighten with flour. Pour on some hot milk and stir well until boiling. Season with pepper and salt, and strain on to some hard-boiled egg cut into dice, and serve.

Mustard Sauce—Sauce Moutarde

Make hot 1 pt. of velouté sauce. Add one tablespoonful of mixed mustard and 1 oz. of French mustard, also a dash of tarragon vinegar.

Bread Sauce—Sauce Pain

Put half a pint of milk to boil with a small onion, leaving a clove stuck in it. Add a few bread crumbs, and boil for ten minutes. Remove the onion and stir in a little fresh butter. Season and serve.

Fennel Sauce—Sauce Fenouil

Blanch some fennels and chop very fine, add to some plain butter sauce, season with salt, pepper, and a little lemon juice. This sauce goes well with mackerel.

Shrimp Sauce—Sauce aux Crevettes

Take some butter sauce and mix in a little anchovy essence and lemon juice. Season with cayenne pepper and stir in some picked shrimps.

Ravigote Sauce

Put some Harvey sauce and tarragon vinegar in a pan on the stove to reduce to one-half. Mix with some good butter sauce; then blanch and chop fine some tarragon, chervil, and parsley, and stir into the sauce. Bring to the boil and serve.

Green Ravigote Sauce—Sauce Ravigote Verte

Pound some blanched tarragon, chervil, and parsley, and add to some butter sauce. Stir in a little Harvey sauce and vinegar, and season. For cold ravigote sauce use mayonnaise instead of white sauce.

Sauce Robert (for Pork)

Cut a good-sized onion into small dice. Fry in a little butter to a golden colour. Take out of the butter and place in half a gill of vinegar.

Let it reduce for ten minutes, then add half a pint of Espagnole sauce. Let it boil gently for a quarter of an hour, skim, and add a teaspoonful of French mustard. Season with pepper and salt.

Parsley Sauce—Sauce Persil

This is melted butter sauce, with the addition of blanched and chopped parsley.

Anchovy Sauce—Sauce d'Anchois

This is melted butter sauce, with anchovy essence stirred in.

Horseradish Sauce—Sauce Raifort

Grate some horseradish and stir in some cream which has been slightly whipped. Add some vinegar, cayenne pepper, and salt.

Mousseline Sauce (Hot)

Take some Dutch sauce, and just before serving stir in some whipped white of egg. This sauce is suitable for hot asparagus.

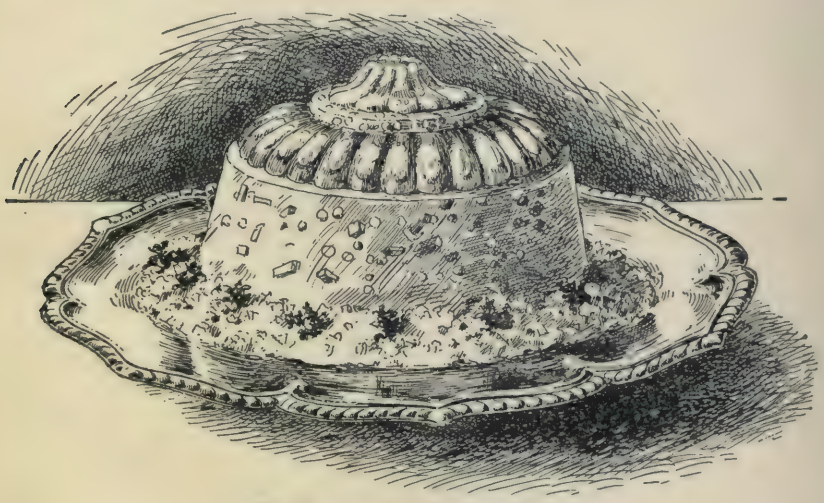


Fig. 122.—Aspic and Mayonnaise Sauce

Mousseline Sauce (Cold)

Take some mayonnaise sauce to which has been added some cream, and stir in a little whipped aspic jelly, which is made with liquid aspic quite cold and beaten by rolling the handle of a whisk between the two hands.

Gherkin Sauce—Sauce aux Cornichons

This consists of Espagnole sauce with vinegar and shredded gherkins stirred in. Season with cayenne pepper and salt.

Dutch Sauce—Sauce Hollandaise

Put four egg yolks into a stewpan with a little grated nutmeg. Stir quickly with a whisk and add 1 pt. of white sauce. Make hot to set the egg, and season with pepper, salt, a little tarragon vinegar, and a little cream.

Mussel Sauce—Sauce aux Moules

Stir some thoroughly clean and picked mussels into some German sauce, add a little anchovy essence, season, and serve.

German Sauce—Sauce Allemande

Take 1 qt. of boiling velouté sauce; add a little mushroom ketchup; stir in six egg yolks, a little grated nutmeg, lemon juice, and cream. Keep just under the boil to cook the eggs; then season, and pass through a tammy for use.

Sauce Béarnaise

This sauce is made by placing four egg yolks into a small sauté pan, with a little salt and pepper and 1 oz. fresh butter. Stir quickly over the fire until it begins to thicken; then add 3 oz. more of butter, 1 oz. at a time; also a little tarragon vinegar, and chopped and blanched tarragon and parsley.

Sauce Suprême

Reduce some good white chicken stock to which some white mushrooms have been added, and add to some velouté sauce. Reduce gently until the sauce coats the spoon, and add a little cream.

Mint Sauce—Sauce Menthe

Wash and chop some mint leaves, with sufficient brown sugar to sweeten it, and stir into the vinegar. See that all sugar is dissolved before serving.

White Chaudfroid Sauce

Take some velouté sauce and add to it the reduced liquor of whatever it is intended to cover. Reduce the whole well and add a little gelatine, sufficient only to set it with a little aspic jelly; also a little cream.

Brown Chaudfroid Sauce

Proceed as for the preceding, using Espagnole sauce, and of course omitting the cream.

D'Uxelles Sauce—Sauce d'Uxelles

Chop finely a little lean, cooked ham with some white mushrooms and parsley. Fry in a little butter without colouring for a few minutes; then add to some German sauce, or if brown is required use Espagnole sauce.

Cumberland Sauce

Mince finely two peeled shallots; place in a stewpan with the strained juice of a lemon and the shredded rind of a lemon and an orange. Add

½ gill of water and cook for ten minutes; strain and return to the stewpan; add a dessertspoonful of mixed mustard, ½ gill of marsala, ½ gill of port, a pinch of ground ginger, two tablespoonfuls of red-currant jelly, the juice of a lemon and an orange, two tablespoonfuls of vinegar. Season with pepper, salt, and cayenne. Boil, and add a very little arrowroot mixed in cold water. Boil for three minutes; strain, and serve cold.

Madeira Sauce—Sauce Madeira

This sauce is made by reducing Madeira wine with a little glaze to half its quantity, and mixing with Espagnole sauce and seasoning with pepper and salt.

Financière Sauce

Add to some Espagnole sauce some truffle liquor, mushroom ketchup, and a little claret. Reduce until the sauce coats the spoon. Pass through a tammy for use. This sauce may also be served with hot tongue. If required for game, then the reduced liquor from the same should be added; likewise for fish.

Devil Sauce—Sauce à la Diable

Slice two shallots and place in a stewpan with 1 oz. butter, some parsley, a sprig of thyme, a bay leaf, and a clove of garlic. Fry for ten minutes, then add a little pepper, salt, a pinch of cayenne, and 1½ pt. Espagnole sauce. Simmer for twenty minutes, skim the butter off, pass through a tammy, and stir in a teaspoonful of French mustard.

Norwegian Sauce (for Salmon, etc.)

Take a pint of cream, and whip until it begins to thicken; then add two tablespoonfuls of finely grated horse radish previously soaked in white malt vinegar. Add a little green colouring made from blanched tarragon and parsley pounded in the mortar. Season with cayenne pepper and salt and a little whipped aspic jelly. Whisk until thick; then bury in ice until required.

Bordeaux Sauce—Sauce Bordelaise

Reduce with a little finely chopped shallot some white wine, Sauterne preferred. Add to it some Espagnole sauce, and before serving season and stir in some blanched and chopped parsley.

Sauce for Venison

Reduce a gill of port wine to half its quantity, and add a small jar of red-currant jelly. Add 1 pt. of Espagnole sauce; strain and serve.

Sauce for Roast Veal

Take a pint of meat stock in which a sprig of thyme has been boiled for ten minutes; strain, and add a gill of Espagnole sauce, some chopped parsley, and a little lemon juice. Season with cayenne pepper and salt.

White Onion Purée—Purée à la Soubise

Cut up some onions and cook in white stock until done. Add some velouté sauce, and pass through a hair sieve or tammy cloth. Season, and add a little cream. This may be served as a purée, which it really is, using more onion and proceeding as above.

Brown Onion Sauce—Purée à la Bretonne

Peel some onions and place in boiling water. Continue boiling for ten minutes; then drain, cut up, and place in a stewpan with a little butter, salt, pepper, and a little sugar. Fry to a nice brown colour, and add some Espagnole sauce. Reduce and pass through a hair sieve or tammy.

Fine Herb Sauce—Sauce aux Fines Herbes

Prepare exactly in the same way as above, either white or brown. Before serving add a dash of nutmeg, a little lemon juice, and some chopped parsley.

Béchamel Sauce

This is velouté sauce reduced, and with the addition of a little boiling cream.

Mayonnaise Dressing for Salad

Take half a pint of mayonnaise sauce. Add a tablespoonful of tarragon vinegar, half as much castor sugar, and half a gill of cream. Stir well together and pour over the salad.

Maître d'Hôtel Butter

Take ¼ lb. fresh butter; add a teaspoonful of chopped parsley and the juice of half a small lemon. Mix well with a palette knife on a plate, and place on ice until required. If desired, the plate may be rubbed first with a clove of garlic, which will be found an excellent addition with steak, chops, &c.

Fish Glaze

Place into a saucepan any trimmings of raw fish with a cod's head, two turbot heads, two whiting, and the bones of twelve sole. Cover with cold water, bring to the boil and skim well. Then add a leek, an onion, a carrot, a sprig of thyme, two bay leaves, a little parsley, and a wineglassful of white wine. Reduce gently to one-half; then strain into a basin. When cold and set, remove any sediment and place in a stewpan. Reduce over a brisk fire, stirring all the time, until it adheres to the spoon; pour into a basin and keep for use. Fish glaze is generally made after using a quantity of fish, so that all the bones and trimmings can be used for it.

Mushroom Sauce—Sauce aux Champignons

Put sliced mushrooms in white sauce or brown, as the case may be, and reduce.

Port-wine Sauce

Take a small jar of red-currant jelly, a gill of port wine, the rind of a lemon, and two cloves. Boil for a few minutes, strain into a gill of demi-glaze, and reduce for a few minutes longer.

Plain White Sauce or Butter Sauce (for Cauliflower, Seakale, etc.)

Use half milk and half water. Thicken with white roux, add a pat of fresh butter, and strain.

White Onion Sauce—Sauce à la Soubise

Cut up three onions and place in a stewpan; cover with cold water, and bring to the boil. Simmer for ten minutes; then drain and press the water

Fig. 123.—Tammying

out; put back in the stewpan with a pat of fresh butter and two tablespoonfuls of white sauce. Season with pepper, salt, and a dash of nutmeg, and add a small pinch of castor sugar. Cover with a tight-fitting lid, and sweat gently until the onions are quite done. Then add half a pint of white sauce and a gill of cream: simmer gently for five minutes, and pass through a tammy cloth.

Oyster Sauce—Sauce aux Huîtres

Put twelve oysters into a stewpan with the liquor that comes from them. Bring to the boil, strain the liquor off, and put into the stewpan

half a pint of milk. Thicken with white roux. When boiling, add the liquor from the oysters, boil for ten minutes, pass through a tammy cloth (fig. 123) on to the oysters, which have been bearded and had the hard part removed. Season with salt, cayenne, and a little lemon juice, and stir in a little cream.

Cherry Sauce for Ham, Venison, etc.—Sauce aux Cerises

Place in a stewpan the contents of a jar of red-currant jelly, half a pint of water, a gill of claret, the rind of a quarter of a lemon, a stick of cinnamon, and six cloves. Boil for five minutes; slightly thicken with a little arrowroot; strain on to ¼ lb. glacé cherries, and simmer for ten minutes.

Neapolitan Sauce—Sauce Napolitaine

To a pint of Espagnole sauce add a tablespoonful of red-currant jelly, the same amount of claret, and a little grated horseradish. Reduce and add a little lemon juice. Strain ready for use.

CHAPTER XXV

COOKING AND SERVING FISH

Lobster Coral

Lobster coral is found in the back of the hen lobster. Break away the head from the back of a boiled hen lobster; then remove the red coral; rub it through a wire sieve and dry it. If stored in an air-tight jar, it will keep some time without losing its colour. It makes a very pretty decoration for hot or cold fish.

Fish Cream or Fish Farce

Pound in a mortar the flesh of two whiting, with 2 oz. of bread, free from crust, previously dipped in milk, squeezed dry, and rubbed on the table until quite smooth. When pounded to a paste, add the whites of two raw eggs; pass through a fine wire sieve into a basin, adding salt and pepper to taste and a gill of cream. Beat well together. The best way is to try a small quantity by steaming it; then if it requires softening add more cream.

Fried Fillets of Sole—Filets de Soles Frits

These should be egged and breadcrumbed and fried to a nice golden colour. It is usual to serve fried parsley with them, and any sauce that may be preferred handed separately. Plaice may be prepared in the same way (fig. 124).

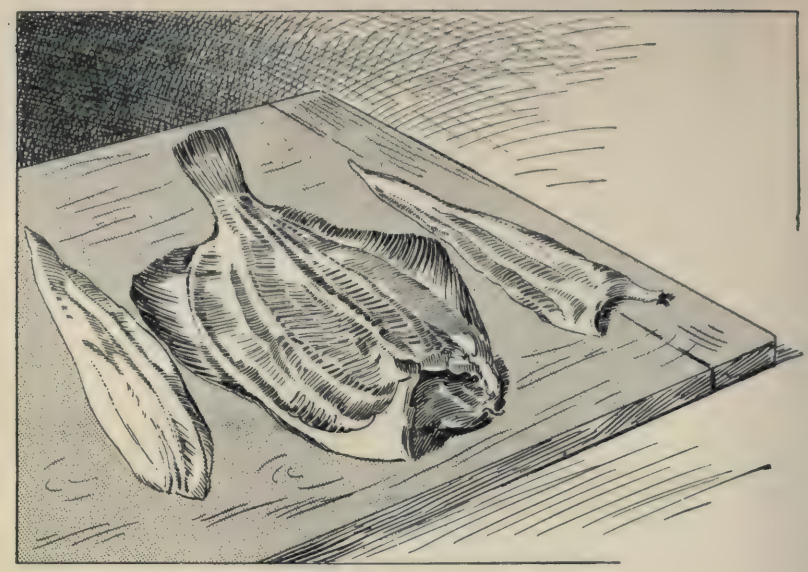


Fig. 124.—Plaice, partly filleted, with fillets alongside

Soles in White Wine—Filets de Sole au Vin Blanc

The fillets are folded over and just slit with a sharp knife to prevent them from moving while being cooked. When prepared in this way, place in a sauté pan previously buttered, along with some white wine, a carrot, a small turnip and onion, a sprig of thyme, pepper and salt, and the bones of the soles. Cover with a piece of buttered kitchen paper, and place in the oven for about a quarter of an hour; lift the fillets carefully out on to a dish to keep warm; strain all the liquor into a stewpan, and thicken with white roux; add a little cream; make sure the seasoning is correct, and serve.

Surprise Fillets of Sole—Filets de Sole en Surprise

Cut the fillets crossways into thin strips, dry them on a cloth, then shake them into some flour, and proceed exactly in the same way as for whitebait, which the dish is intended to resemble.

Fillets of Sole in Batter—Filets de Sole à l'Orly

Take the fillets of two soles; trim, and lay in a dish with a sliced carrot, onion, turnip, sprig of thyme, and the juice of a lemon. Let them remain for one hour; turn them over once, and then take out. Drain them on a cloth, dip in some good batter, and fry of a golden colour. Dish on a napkin with a garnish of fried parsley, and serve with tomato sauce.

Filets de Sole à la Normande

Prepare the fillets as for vin blanc. Place in a sauté pan with some good fish stock made from the bones, to which has been added some good brown sauce. Cook in the oven until done; then take out, and place the

liquor on the fire to reduce; blanch some oysters off, and when the sauce is finished throw them in for a few minutes. Dish the soles on a potato border; place the oysters and some picked shrimps in the centre; pour sauce all over, and sprinkle a little lobster coral on each fillet, and serve.

Filets de Sole à la Richelieu

Prepare the fillets by folding one end over the other, making a small cut with a knife in the folds to prevent them from moving. Fill the cavity up with fish farce, and dip into chopped truffle. Place in a sauté pan, moisten with wine, and cook in the oven. Dish on a border of potato, with a garnish of small quenelles of fish and pieces of cooked tomato in the centre, and pour tomato sauce round. Sprinkle the soles with hard-boiled yolk of egg pressed through a sieve.

Filets de Sole en Belle-vue

Take the fillets of two soles; lay overlapping one another on the table, and cut the ends all the same length; then dust with flour, and spread with some fish farce, in which has been mixed some chopped truffle. Roll up neatly and place in a cloth, which should be rolled and tied tightly, and boil with the bones for a quarter of an hour. Take out the roll and tie tight again; allow to lie till it gets quite cold; then cut into pieces ½ in. thick, and set into little shallow moulds of very clear aspic jelly.

Mayonnaise of Fillets of Soles—Filets de Soles en Mayonnnaise

Cook the small fillets of two soles. When cold, coat them with mayonnaise sauce, to which has been added a little aspic jelly and, if in hot weather, a small quantity of melted gelatine. Sprinkle over some chopped parsley and lobster coral, and dish on a good salad mixed with mayonnaise dressing. These may, by folding them as for Richelieu, and then covering with mayonnaise, be placed in paper cases, one to each person, so as to make a very pretty dish.

Soles au Gratin

Place a sole on a buttered dish and moisten with a little wine, season with pepper and salt, and cook in the oven; then pour over them a layer of brown Italian sauce; sprinkle some bread crumbs over, and put back in the oven. Just before going to the table, get it a nice brown colour by holding the red-hot salamander over it.

Sole à la Colbert

Slit the sole straight down the back with a knife; then flour and egg, breadcrumb, fry. When done, remove the backbone, and fill with maître d'hôtel butter. Pour round it some fish glaze, and serve.

Boiled Salmon—Saumon Bouillé

Boiled salmon is served with a good many sauces. Some of the best are Norwegian, Génevoise, Tartare, Piquante, Mayonnaise, Ravigote.

Cucumber is cut up, seasoned, oil and vinegar poured over it, and handed separately.

Fillets of Salmon—Filets de Saumon

Take about 2 lb. of a medium-sized fish and cut down the back, removing the backbone; then cut each piece lengthways again and divide them into oval-shaped pieces. Place them on a buttered sauté pan; season with pepper and salt, add a little vinegar and water, and cook in the oven until done. Dish on a border of mashed potatoes, and pour sauce over. A nice garnish of cucumber cut into small olive shapes and cooked in boiling water with a little vinegar in it, and when done placed in the centre, is a good addition.

Mayonnaise of Salmon—Mayonnaise de Saumon

Either cut into slices across the fish, or into small fillets as above. When cold, mask them over with mayonnaise sauce, to which has been added a little aspic jelly and a small quantity of gelatine; decorate with lobster coral, chopped parsley, the rind of cucumber, beetroot, &c. Dish on salad, and place slices of cucumber round.

Grilled Slice of Salmon—Tranche de Saumon Grillée

Take a slice of firm fish about 1 in. thick, pour a little salad oil over it, and grill.

Fried Slices of Salmon—Tranches de Saumon Frites

Either hot or cold, this will be found a favourite dish with Jews. Take a slice as above, dry it in a cloth, and dip in flour; have some yolk of egg

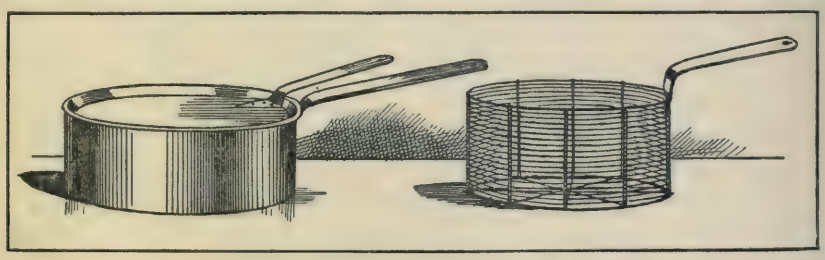


Fig. 125.—Sauté Pan (with cover), and Frying Basket

beaten in a pie-dish, and put salmon in. Cover all over, lift out, and again flour all over; place in a frying basket, and fry in boiling oil until done. Garnish with fried parsley if hot, or, if cold, with sliced cucumber.

Red Mullet—Rougets

Take some good red mullet and slightly cut, slanting, four times down each side of the fish. Place on a dish with some oil and vinegar, a carrot, an onion, a turnip, and some parsley, and soak for two hours; remove the

vegetables, cover with buttered paper, and cook in the oven, basting them during the process. When done, dish head to tail, pouring sauce over them.

Fig. 126.—Red Mullet

and serve. Génevoise or brown Italian sauce should be used for them, with the liquor from the fish added.

Grey Broiled Mullet—Mulets

Take a fish about 1½ lb.; clean and scale. Make four or five cuts on each side, and place in a little oil. Drain and broil for twenty-five minutes on a steady fire.

Rougets aux Fines Herbes

These are cooked with wine, anchovy, and Harvey sauce, and served with a fine-herbs sauce.

Rougets à la Maître d'Hôtel

These are filleted and cooked and dished on a border of potatoes with maître d'hôtel sauce. *Rougets à la sauce verte* are served with green sauce. *Rougets à la Ravigote* are served with ravigote sauce.

Boiled Turbot—Turbot Bouillé

Take a good plump fish; wash and rub well over the white side with the juice of a lemon; make a small cut down the black skin, which will help to keep the white side from splitting; place on a drainer in a turbot-kettle of cold water, and cook gently until done. Shrimp, Lobster, and a good many other sauces may be served with it. In carving, cut down the fish, then in slices towards the sides.

Fillets of Turbot—Filets de Turbot

Take the meat carefully from the bones by cutting straight down the fish; then pass the knife along the bone under the fillets towards the sides.

Cut into pieces a little larger than are required when cooked (to allow for shrinking) and place on a buttered sauté pan. Season with pepper and salt, pour some good fish stock over, and cook in the oven. Dish on a border; make a garnish of shrimp, lobster, cucumber, or anything that is preferred; pour sauce over, and sprinkle with lobster coral. These fillets when cold may be masked over with mayonnaise, tartare, or ravigote sauce, according to taste, and dished on salad.

Broiled Turbot

Take a small fish, dry well on a cloth, place on a dish, season with pepper and salt, and pour over it six tablespoonfuls of oil and two of vinegar and a little lemon juice. Soak for one hour; then place in a double gridiron so as not to disturb it in the turning, and broil over a slow fire until done, which will take about twenty-five minutes. The sauce is handed separately.

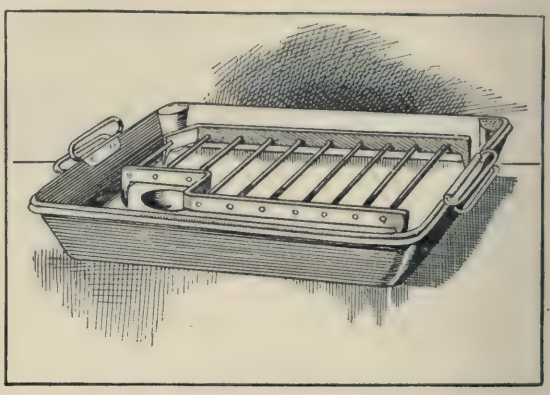


Fig. 127.—Oven Pan for Joints, with Stand

Turbot au Gratin

Take any cold fish that may be left, and place a layer in a buttered silver dish; then pour over it a layer of well-seasoned béchamel sauce (if desired, a little grated Parmesan cheese may be added). Sprinkle over with bread crumbs and a piece of butter made hot in the oven, and bring to a nice brown colour by passing the red-hot salamander over them.

Turbot au Gratin à l'Italienne

Proceed as above, using Italian sauce instead of béchamel, and some spaghetti macaroni cut into pieces 1 in. long and mixed with it.

Turbot à la Russe and Turbot à la Morny

Turbot à la Russe is served with horse-radish sauce, and *turbot à la Morny* with a cheese sauce.

Turbot à la Crème Gratin

This consists of alternate layers of turbot and a white butter sauce with cream added, and chopped parsley sprinkled with grated Parmesan cheese and bread crumbs, and browned in the oven or in front of the fire.

Fillets of Turbot à l'Impératrice

These are small fillets coated with a white fish farce, and mixed with lobster spawn passed through a fine sieve, and piped with a star tube on to the white farce. Cook in the oven in a sauté pan with a little fish stock. Dish, and pour over it a good white sauce made from the bones, with some dried lobster coral mixed with it.

Fish Cakes—Fish Rissoles

Any fish left over from dinner may be turned into a nice breakfast dish by proceeding as follows. Chop up and mix with some mashed potatoes, to which has been added the yolk of an egg; season with pepper and salt, and form into small flat shapes; egg and breadcrumb, and cook in a frying-pan with a little lard. Dish on a fish napkin.

Smelts à l'Anglaise—Éperlans à l'Anglaise

Smelts à l'Anglaise are floured, egged, and breadcrumbed, except the head and tails, which should be left clear and fried. They are served on a napkin with fried parsley and a boat of anchovy sauce.

Smelts Curled and Fried—Buisson d'Éperlans Frits

Have the tails of the smelts fixed in their mouths, breadcrumbed and fried. It is usual to hand round melted butter with them.

Smelts for Invalids

Take two smelts and place on a buttered soup plate. Sprinkle very little salt on them, and cover tight with another plate. Place over a stew-pan half-filled with boiling water, and continue boiling for twenty minutes. The fish when cooked this way will be found to retain all their flavour. Any other fish may be treated the same way, such as fillets of sole, plaice, whiting, &c.

Whiting—Merlans à l'Anglaise

Whiting are floured, egged and crumbed, and fried with their tails in their mouths. Any sauce that is preferred should be handed separately.

Fillets of Whiting—Filets de Merlans à l'Orly

Remove the fillets from the bones and take off the skin by laying the fillet flat on the table, skin side underneath, and sliding the knife along it. Then place in a pie dish, with three tablespoonfuls of oil, one of vinegar, two bay leaves, one sliced shallot, a sprig of thyme, and a little parsley, pepper, and salt. Soak for about an hour; drain, flour, and fry in hot fat. Dish on a napkin with fried parsley, and serve with a boat of tomato sauce.

Fillets of Whiting, Régence—Filets de Merlans à la Régence

Take eight nice fillets, trim them, and cook on a buttered sauté pan with a little fish stock, and cover with buttered paper. Put in the oven until done; then dish the fillets crossways on mashed potato down the middle of a flat, oval, silver dish. Cover with a good white sauce to which the essence of the fish has been added, and decorate alternately with dried lobster coral and chopped truffle. Place a pyramid of tiny quenelles of whiting, which, after being cooked, have been breadcrumbed and fried to a golden colour, in the centre of the sauce at each side, and serve.

Fillets of Whiting à l'Américaine—Filets de Merlans à l'Américaine

Prepare in the same way as above, using tomato sauce and garnishing with gherkins and fillets of anchovies. Cut into thin strips.

Filets de Merlans à l'Ambassadrice

Fry some very small fillets of a golden colour. Dish on a border of potato. Place in the centre a good pyramid of very small quenelles, half of them white and half coloured red with lobster spawn, and pour a rich white sauce round them.

Cream of Whiting—Crème de Merlans

Take two good whiting, fillet them, scrape all the flesh from the skin, and pound in a mortar. Next take a handful of stale bread crumb and moisten with milk; squeeze tight in a cloth and rub on a marble slab until of a velvety appearance. Add to the fish and pound quite smooth; then mix in two or three egg whites according to size, and pass through a fine wire sieve into a basin. Add pepper, salt, a small pinch of mace, and a gill of cream. Try it by putting a little in a buttered dariole mould, and steaming it; if too firm, add a little more cream; then, having made sure it is seasoned correctly, butter a plain "well mould", decorate with slices of truffle, and place in first a layer of farce which has been mixed with lobster spawn, and fill up to within an inch of the top with the white farce. Place in a stewpan with a tight-fitting lid and steam gently for thirty-five minutes, taking care not to boil quickly, and so cause it to blow. Turn out on entrée dish and pour over it a rich, white, well-seasoned sauce, made from the bones, &c. Any garnish that is desired should be placed in the centre.

Cream of Whiting in Aspic Jelly—Crème de Merlans en Aspic

Cook off in the usual way the fillets of two whiting. When cold, pound in the mortar; pass through a fine sieve, season, and add a gill of cream and a little aspic jelly. Place in the centre of a dariole mould previously decorated and lined with aspic jelly. When set, place on a silver dish, and

garnish with the white parts of endive (fig. 128). This aspic, and in fact all that is used for fish, must be made with fish stock, to be made up exactly the same as for savoury aspic

Fig. 128.—Cream of Whiting in Aspic

Whiting Pollock—Colin

This should be prepared in the same way as red mullet.

Trout—Truites

Trout are cooked in the same way as salmon, and served with the same kind of sauces, cucumber, &c.

Fillets of Trout—Filets de Truites à l'Italienne

Cut the fillets as for salmon. Cook and dish on a border either of potato or fish farce. Pour over them some Italian sauce, and place in the centre some tiny quenelles of whiting and prawn.

Slices of Trout—Tranches de Truites

Take two medium-sized trout and cut into pieces across the fish ½ in. thick. Cook the same as for fillets. When done, put away to get cold; then remove the bones, taking care not to break the fish, and fill up the cavity with either Mayonnaise, Tartar, Norwegian, or any other sauce, bearing in mind that the dish must be named from the sauce used. Brush over with aspic almost on the point of setting, and sprinkle with dried lobster coral and chopped parsley. When the aspic is set, dish on a foundation of finely-cut salad, and garnish with slices of cucumber.

Medallions of Trout in Cases—Médaillons de Truites en Caisses

Cut the fillets, after being cooked, with a round cutter the size of half-a-crown. Treat them as above. Cut some salad up fine, mix with

mayonnaise sauce, fill some small round paper cases with it, and place the medallions of fish on top.

Boiled Haddock—Merluche Bouillie

Take a large haddock and form it into an S shape by fastening a string to the tail, passing it with a trussing needle through the middle, and tying it to the jaw. Simmer gently until done. Dish, and serve with a good boat of egg, or any other kind of fish sauce.

Fillets of Haddock with Tartar Sauce—Filets de Merluche à la Tartare

Trim, breadcrumb, and fry fillets of a nice golden colour. Dish on a napkin, and serve with a tureen of Tartar sauce.

Fillets of Haddock with Curry Sauce—Filets de Merluche à l'Indienne

Prepare the fillets as for whiting à la Régence. Dish, and pour over them some curry sauce. Garnish with boiled rice.

Halibut—Flétan

Halibut are prepared in the same way as turbot, but as they are a very coarse fish, extra time must be allowed for cooking, and they must be served with a highly-seasoned sauce.

Whitebait—Blanchailles

Whitebait should be obtained as fresh as possible, washed, and dried on a cloth, thrown into some flour a handful at a time, and sifted on a wicker sieve, then placed in a frying basket, and dropped into some boiling lard or oil. Shake them about while cooking, and when quite crisp take out and throw on to a dish with some kitchen paper on it to absorb the fat. Sprinkle a little salt over them; dish on a napkin, and serve with thin slices of brown bread and butter and a lemon cut into eight.

Devilled Whitebait—Blanchailles à la Diable

These are prepared as above and sprinkled over with a mixture of cayenne pepper and salt.

Sturgeon—Esturgeon

Take about 1½ lb. of fish. Remove the skin, tie round tight with a piece of cloth, and place in a stewpan with one carrot, one onion, three cloves, two bay leaves, a sprig of thyme, a blade of mace, a few peppercorns, whole spice, a glass of white wine, and sufficient water just to cover it. Cook gently for about three-quarters of an hour; lift out, and pour over it either piquante, lobster, or Dutch sauce, or any other that may be thought suitable. Garnish with prawns or crayfish.

MOULDED MARZIPAN FRUITS

Grilled Sturgeon—Esturgeon Grillé

Cut a good slice of fish and lay it in some salad oil, to which have been added salt, pepper, bay leaves, and bruised cloves. Leave for half an hour; then place in a double gridiron, and broil over a slow fire. Serve with a well-seasoned sauce.

Stuffed Pike—Brochet Farci

Take a pike weighing about 6 lb.; clean, and remove the scales; fill the inside with highly seasoned veal stuffing. Stitch it up with a trussing needle and string, and form into an S shape in the same way as for haddock. Place in a buttered tin with some chopped onion, carrot, a sprig of parsley, some mushroom trimmings, and a little sherry; cover with buttered paper and cook in the oven, basting it frequently with the liquor. When done, lift out, removing any of the flavouring that may adhere to it. Mix with the liquor some good brown sauce, making sure it is of the right consistency. Then pour over the fish.

Tunny Fish—Thon

This fish, which is caught in the Mediterranean and is sold in Britain preserved in oil, can be either cut into thin slices and dished on salad cut fine, with capers mixed with it, or cut in pieces and fried. In both cases serve rémoulade sauce with it.

Weevers—Vives

These fish can be served au gratin, à l'Italienne, à la maître d'hôtel, &c.

Carp—Carpe

The best carp for cooking purposes should weigh about 5 lb., and, since they are muddy fish, extra care must be taken in cleaning them. It is best to remove the gills and the gall, which will be found at the back of the head; then lay in salt water for an hour. Next rinse them in clear water and wipe dry. Lay on a dish with a little oil, pepper, and salt, and broil over a slow fire. Serve with maître d'hôtel sauce, to which a little Harvey sauce has been added.

Forced Carp—Carpe Farcie à l'Italienne

Stuff the carp with some quenelle forcemeat of whiting. Season and roll in well-buttered paper, and bake gently in the oven. Dish, and serve with a boat of brown Italian sauce.

Fried Carp—Carpe Frite

Split a small carp down the back, removing the backbone, &c. Lay on a dish and pour a little oil and vinegar over, adding a bay leaf, shallot, a little thyme, pepper, and salt. Allow it to remain two hours; then drain, flour, egg and breadcrumb, and fry to a nice golden colour. Dish, garnish

with fried parsley, and serve with either Génevoise or Italian sauce, or, indeed, any fish sauce well seasoned.

Stewed Carp—Carpe à la Roma

Fillet the carp and stew in fish stock and red wine. Dish, and cover with Italian sauce, and garnish with shredded gherkin, capers, and lobster coral.

Fried Dabs—Limandes Frites

These are trimmed, floured, and fried in lard or oil, dished on a napkin, with the sauce served separately.

Cod with Dutch Sauce—Cabillaud à la Hollandaise

This is cod boiled and served with a boat of Dutch sauce.

Slices of Cod Fried—Tranches de Cabillaud Frites

This consists of slices of cod, egged, breadcrumbed, and fried. A boat of anchovy, lobster, or other sauce is served separately.

Slices of Cod with Espagnole Sauce—Tranches de Cabillaud à l'Espagnole

Take some very small slices of cod (tail end); flour them, and fry in a little clarified butter to a nice brown colour. Remove the skin and place in some boiling stock containing a little claret, just enough to cover them. Add pepper, salt, a shallot, two cloves, and a little lemon juice. Simmer gently until done. Lift out, strain, reduce the liquor, and add to it some Espagnole sauce. Dish, and pour sauce over.

Grilled Cod—Cabillaud Grillé

For this, slices of cod are soaked in oil, with pepper, salt, bay leaves, mace, shallot, and parsley, and placed on a double gridiron to save disturbing the fish when turning. Grill over a slow fire. Anchovy essence should be served with it.

Grilled Cod à la Colbert—Cabillaud Grillé à la Colbert

Proceed as above. When going to table lay some maître d'hôtel butter over it, and serve with a boat of maître d'hôtel sauce.

Eels—Anguilles

For stewed eels proceed as follows. Take three live eels and kill by passing a sharp skewer or pointed knife through the back of the head, piercing the spine. Loosen the skin about the gills with a small knife until able to procure a firm hold. Take the head in a cloth with one hand, and with the other draw the skin carefully down; then cut off the head, cleanse the fish, and lay by for an hour or two before using. Cut into pieces 3 in. long and lay in a buttered pie-dish with some stock. Season with pepper, salt, a blade of mace, a small bunch of sweet herbs, and

parsley. Cover with buttered paper and cook in a moderate oven. When cooked, which will take about one hour and a quarter, lift the pieces out, dish, and strain the gravy over; then sprinkle with chopped parsley, and serve.

Spitchcocked Eels

Skin and cleanse as above; then remove the backbone and cut into pieces 3 in. long. Brush each piece over with clarified butter to which a little lemon juice has been added, and sprinkle over it some very finely chopped parsley and shallot, pepper and salt. Flour, egg, and breadcrumb, and fry in boiling fat to a nice golden colour. Dish neatly on a potato border. Pour round it any of the following sauces: Italian, piquant, tomato, Génevoise, or cardinal. If preferred, either Tartar, mayonnaise, or ravigote sauce may be handed separately, but in this case the eels would be dished on a napkin.

Eels à la Georgina—Anguilles à la Georgina

These consist of pieces of eel about 3 in. long, with backbone removed, and larded with strips of Georgina anchovies and braised in fish stock. When cooked, glaze and dish round on a border of potato, with a garnish of small potato balls in the centre and tomato sauce poured round Cut the potato balls with a scoop, parboil, then finish in the oven with a little clarified butter.

Eels may also, by being first boned and stewed, be set into moulds of fish aspic, or covered over with mayonnaise sauce and dished on salad.

Flounders—Carrelets

For *Souché de Carrelets,* trim, cleanse, and place the flounder on a buttered sauté pan. Add some white wine and fish stock; also some very finely shredded carrot and turnip. Season with pepper and salt and cook gently until done. Lift the fish carefully out on to a silver dish; place the vegetables on top; sprinkle some chopped parsley over; then reduce the liquor and pour round.

Fried Flounders—Carrelets Frits

These are trimmed, floured, egged and breadcrumbed, and fried; or, if preferred, simply floured and fried. Serve with a boat of anchovy sauce.

Flounders à l'Orly—Carrelets à l'Orly

These are flounders soaked in oil and lemon juice, with a bay leaf, a clove, and a blade of mace, and dipped in batter and fried. Serve with a boat of tomato sauce.

Hake—Merlus

This fish, which is very common in the West of England, may be cut into slices, crumbed, and fried, or, as a good many West Country people like, sliced, floured, and fried with bacon.

Baked Hake

Slice some nice firm hake about $\frac{3}{4}$ in. thick. Place in a dish which has been thickly buttered and sprinkled with bread crumbs, with which have been mixed some chopped parsley, pepper, and salt, and a very little finely chopped onion. Pour a little fish stock in the dish with them, cover with the crumbs, &c., place some butter on top, and bake in a moderate oven. If preferred, grated Parmesan cheese may be mixed with the crumbs.

Gudgeon—Goujons

Gudgeon are generally breadcrumbed and fried as for smelts.

Gurnard en Matelote—Grondin en Matelote

Remove the fillets. Cut into nice shapes. Flour, egg, and breadcrumb, and fry to a nice golden colour. Dish on a border of potato, in the shape of a crown, and pour some matelote sauce round, using a good fish garnish for the centre.

Fillets of Gurnard à l'Italienne—Filets de Grondins à l'Italienne

These are filleted and placed on a sauté pan and cooked in the oven, with some good white wine and the bones with them. Then dish, and pour a white Italian sauce over. Several other sauces may be substituted, such as maître d'hôtel, Génevoise, &c., of course changing the name of the dish accordingly.

CHAPTER XXVI

SHELL FISH

Crab—Crabe

For dressed crab, take two good male crabs, which may be known by having much larger claws than the female. Remove all meat, throwing away the gills and apron. Mix with about a tablespoonful of oil, some vinegar, a little pepper, salt, and mustard, or, if preferred, with mayonnaise sauce. Put the mixture in one of the shells and garnish with chopped parsley and lobster coral.

Crayfish—Écrevisses

Crayfish may be shelled and put in aspic jelly, using the heads for garnish, after being cleaned and brushed over with aspic; or they may be put into a sauce made from the shells, heads, &c., and used for filling patties, vol-au-vent, &c.

Scallops in Shells—Pétoncles en Coquilles au Gratin

Take a dozen live scallops and open as for oysters, taking care not to break the deep shell, which must be scoured well and put to dry. Remove the beard and wash them well in several waters; then put them to drain. Butter the shell and sprinkle a few bread crumbs over and fill in with the scallops, which have been minced and tossed in a little white sauce well seasoned, with a little vinegar added. Cover with bread crumbs, with a little butter on top, and brown in the oven. Dish on a folded napkin and serve.

Oyster Patties—Bouchées aux Huîtres

Prepare some small patty cases from puff paste (see p. 342, vol. i) and make the filling as follows. Take twelve sauce oysters and bring them to boil in their own liquor. Take out and remove the beards and black substance between the hard and soft parts. Cut into small dice, and leave until the sauce is ready. Reduce the liquor to one-half; then add half a pint of boiled milk; and thicken with white roux. Care must be taken to have it a little thicker than is required when finished, as the moisture from the oysters will tend to thin it. After it has boiled for a few minutes add salt, cayenne pepper, a little cream, and a little lemon juice. Pass through a tammy cloth into a stewpan and mix in the dice of oysters. Bring to the boil, stirring all the time; then place in a basin to cool until ready to fill the cases.

Oyster Vol au Vent—Vol au Vent aux Huîtres

Proceed as above, using only the soft parts and leaving the oyster whole. For a vol au vent to serve for six persons twenty-four oysters will be required.

Oysters à la Béchamel (Cold)—Huîtres à la Béchamel (Froid)

Scald the oysters as above, keeping only the soft parts, and reduce the liquor until only a tablespoonful remains. Mix this with a little Béchamel sauce; add a little lemon juice and melted gelatine, just enough to set it; cover each of the oysters with this mixture, and place a small pinch of cayenne pepper in the centre of each. When cold, brush over with aspic jelly and place on a cheese biscuit cut with a round crimped cutter a little larger than the oyster. When finished, dish on small salad and decorate with aspic jelly.

Croquettes of Oysters—Croquettes aux Huîtres

Prepare as for patties, using, after the sauce is prepared, the yolk of four eggs and a little gelatine. Set the yolk in the sauce, stir in the dice of oysters, and place on the ice to set. Then make into shapes by rolling them in bread crumbs. Egg well and breadcrumb, and fry to a

Fig. 129. – Croûtes aux Huitres

golden colour. Serve cold or hot. If served hot, fried parsley should be the garnish.

Kromeskies of Oysters—Kromeskys aux Huîtres

Use the same preparation as above. When cold and set, roll into pieces about the size of a wine cork. Fold these neatly in calves' flare, then dip in a good batter, and fry in boiling fat to a golden colour. Dish on a napkin with fried parsley. Another more expensive way is to set hard on the ice a slab of butter about 2 in. thick; then cut with a round cutter about the size of a shilling. Flour them, and egg and breadcrumb twice over. Make a mark at one end with a smaller cutter, and fry in very hot fat. Of course the butter will be lost, and the case remains to be filled up with the hot mixture.

Oysters à la d'Uxelles—Huîtres à la d'Uxelles

Scald the oysters, retaining the delicate soft part. When cold, cover with d'Uxelles sauce to which has been added enough melted gelatine to set it, and place on the ice; then roll in bread crumbs and egg, and breadcrumb them twice over to save them from bursting. Dish on a napkin with fried parsley, and serve with a boat of d'Uxelles sauce.

Scalloped Oysters—Coquilles aux Huîtres

Prepare the sauce as for patties, adding two egg yolks. When finished, place a little of the sauce in either silver shells or the deep shells of the oyster, and put in two oysters. Cover with the remainder of the sauce; sprinkle over with bread crumbs and a few pinches of butter on the top, and brown in the oven. Dish on a napkin. Grated Parmesan cheese may also be added if desired.

Fig. 130.—Scalloped Oysters

Oysters, American Style—Huîtres à l'Américaine

These are scalded, egged, breadcrumbed, fried, and served with tomato sauce.

Lobster, American Style—Homard à l'Américaine

Take some live lobsters and put them in boiling water with a little salt, and cook, if of medium size, about twenty minutes. Then divide the tail shell, and halve lengthways by splitting it with a knife. Remove the meat and clean the shells. Cut the meat into scallops, place back in the shells, and cover over with a sauce made as follows. Chop two shallots, and place in a stewpan with a pat of fresh butter. Fry for a few minutes, and add a little white wine. Reduce, and add a pint of tomato sauce and a gill of Espagnole sauce; then strain, garnish with lobster coral, and dish on a napkin, or, better still, on a long, narrow silver dish with dent in which to fit the shells. Hand a boat of sauce separately.

Lobster Cutlets—Côtelettes de Homard

Remove the meat from the shell of a good lobster, and cut into dice ready for use. Break up the shell and head, saving the claws, and put on to boil with a pint of milk and a gill of water. After boiling long enough to extract all the flavour from the head, &c., strain, and thicken with white roux, adding a little anchovy essence, seasoning, the yolks of four eggs, and a little gelatine. After setting the yolks well, stir in the dice of lobster and bring to the boil; then place to cool. When set, make into cutlet shape by bending the right hand inwards and forming the hollow with the thumb of the left hand curved outwards. Egg, breadcrumb, and fry to a golden colour. Cut pieces of claw about 1 in. long, and stick in the top.

Lobster Patties—Bouchées de Homard

Prepare as for cutlets, and make sauce from shell, head, &c. When of a nice consistency and well seasoned, stir in the meat. Boil, and place to get cool, ready to fill in the cases.

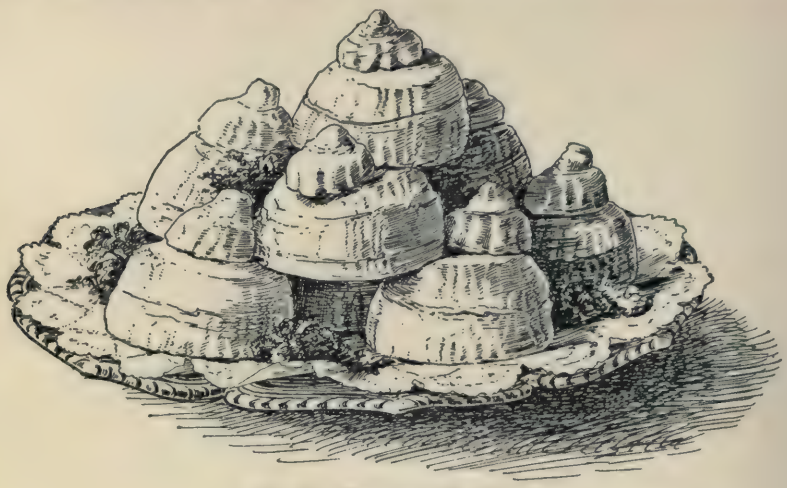


Fig. 131.—Bouchées de Homard

Lobster Mayonnaise—Mayonnaise de Homard

Make a nice salad, and form into shape on a silver dish. Cut the lobster up, and save a few of the best pieces for garnishing. Lay the remainder on the salad, and cover all over with mayonnaise. The mayonnaise must be stiffer than the mayonnaise sauce, and it is a good plan to work a little aspic jelly in it. Before spreading, garnish with the pieces of lobster saved for the purpose, coral, cucumber, hard-boiled egg, &c.

Lobster Mayonnaise in Cases—Petite Mayonnaise de Homard en Caisses

After taking out of the shell a good firm lobster, cut it into good-sized pieces and cover with mayonnaise sauce, to which some aspic jelly and a little melted gelatine have been added. Sprinkle over with lobster coral, and put to cool. When set, brush over with melted aspic. Prepare a salad of lettuce, endive, and small cress, mix with mayonnaise and the trimmings of lobster, and proceed to fill some fancy paper cases, either round or oval. Lay one piece of prepared lobster on the top of each. Garnish round with sliced cucumber, dish on a lace paper, and serve.

Lobster Rissoles—Rissoles de Homard

Prepare as for patties, fold about a dessertspoonful in short paste, sticking it of course with egg, cut into a semicircle shape with a crimped cutter. Egg over and sprinkle with vermicelli or bread crumbs, and fry in clear fat. When hot, serve fried parsley with them.

Scalloped Lobster—Coquilles de Homard

Take some lobster patty meat, adding two yolks of eggs. Split the body shell in half with a knife, clean it, and butter and sprinkle with bread crumbs. Lay in the preparation, cover with bread crumbs, with a piece of butter here and there, and brown in the oven.

Curried Lobster—Homard au Kari (Kari de Homard)

Cut the lobster into good slices, and throw into some good curry sauce. Make thoroughly hot, and dish within a wall of plain boiled rice.

Potted Lobster

Pound all the meat from a hen lobster to a smooth paste, adding about a teaspoonful of anchovy essence, a little cayenne and grated nutmeg, and 6 oz. of butter (fresh). Pass through a sieve, place neatly in jars, and run a thin layer of creamed butter on the top.

Quenelles of Lobster—Quenelles de Homard

Pound the flesh of a fresh-boiled lobster along with a good-sized whiting, and proceed exactly as for quenelles of whiting, using the spawn of the lobster passed through a sieve to colour it with.

Mussels—Moules

This shellfish requires careful watching, as by being on the fire too long it becomes hard. To prepare them for garnishing scallops, &c., the best method is as follows. Take a quart of mussels, thoroughly scrape and wash them, and place in a stewpan, with half a pint of white wine, a carrot, a sliced onion, and a handful of parsley. Cover, and proceed to make hot. When the shells are opened, take out and remove the black part, and beard and keep for use.

Scalloped Mussels—Coquilles de Moules

Proceed as above; then butter some silver shells (well-scoured scallop shells will do) and lay some mussels in each. Moisten with the reduced liquor obtained from them; season, and cover with bread crumbs, place some pieces of butter on top, and brown in a sharp oven.

CHAPTER XXVII

FISH ENTRÉES

Rice Borders for Entrées

Wash two handfuls of rice and put in a stewpan with half milk and half water, cook gently, adding more water as it soaks up, until it is quite a pulp, turn into mortar and pound quite smooth, lift on to a marble slab and tighten up with ground rice until firm; then roll out with rolling pin and cut out size required, pinch the edge (as shortbread) and let get cold. This is a very simple way of making a border, and will be found very useful.

Oyster Fritters—Beignets d'Huîtres

Obtain some large fat oysters; beard them, and drain on a hair sieve. Sprinkle them with pepper and salt and some chopped parsley. Dip each one separately into a light fritter batter, and fry in hot dripping or lard. Dish on a napkin, and garnish with fried parsley.

Oyster Fritters à la Villeroi—Beignets d'Huîtres à la Villeroi

Scald some large, fat oysters; remove the beard and tough portion; drain on a sieve or napkin. Reduce the liquor until almost lost; add enough German or white sauce to cover them. Bring the sauce to the boil, and add a yolk or two of egg. Then dip each oyster in this preparation, and lay them on a dish to get cold. Dip each in egg and bread crumbs. Fry to a nice light-brown colour. Put two or three on a small silver skewer, dish on a napkin, and garnish with fried parsley.

Oysters on Skewers—Hâtelettes d'Huîtres

Scald some large fat oysters; drain them, and remove the tough portion. Put three or four on a tiny wooden skewer. With the liquor make a similar sauce to the above, adding a little chopped parsley. It must be made moderately thick, so that it can be poured all round the oysters and put away to get cold. Shape them with a knife into something like a cork; roll in bread crumbs; to assist this, dip in egg, and then in bread crumbs; do that twice. Fry to a nice light brown in a pan of hot dripping or lard. Remove the wooden skewer, and put a small silver one in its place. Dish on a d'oyley, and garnish with fried parsley.

Oysters on Croûtes—Croûtes d'Huîtres à la Calaisienne

This dish can be served cold as well as hot. Cut and bake some croûtons of short paste about the size of half-a-crown. Scald and trim some large fat oysters. Reduce the liquor until almost lost; add milk and cream; thicken with some white roux; add pepper and salt to taste, and a little nutmeg. The sauce must be moderately thick. Dip each oyster into this sauce and lay on the croûtes, one to each. Drop a few grains of cayenne on each one. If this dish is served cold, it will be advisable to add

a little gelatine to the sauce. When cold, brush over with diluted aspic jelly. Dish up as a cold entrée, and garnish with aspic, prawn, and parsley.

Oyster Pudding—Boudin aux Huîtres

A plain or ornamental mould should be well greased with clarified butter and decorated with steamed yolk of egg, a little truffle, some lobster coral (if procurable), and chopped parsley. Line the mould with a delicate but firm forcemeat made with a fresh whiting or haddock. Some large oysters (three to each person) should be scalded, and the beard and tough portion removed. Put the trimmings of the fish and oysters together in some milk and the oyster liquor; add a touch of onion and a piece of parsley, and boil all together to make sufficient sauce both for the inside of the boudin and for garnishing when dished. With the oysters put a few sliced mushrooms and some small quenelles made from some of the forcemeat; add a little of the sauce, and fill up the boudin. Put a layer of forcemeat over the whole, and steam for an hour. Turn on to the dish, but do not remove the mould for a minute. Pour the remainder of the sauce all over just before serving.

Devilled Oysters—Huîtres a la Diable

Put three fat oysters and three discs of partly cooked thin streaky bacon alternately on a small silver skewer. Ten minutes before serving put them in a moderately hot oven to finish cooking. Season liberally with cayenne pepper and a little salt. Dish on a napkin, and serve some devil sauce in a boat. Care should be taken to serve this dish very hot.

Sardine Fritters—Beignets de Sardines à la Farringford

Take some boneless sardines and remove their skins. Season with cayenne and a little salt. Fold each one in a piece of very thin short paste. Dip them in a nice light fritter batter, and fry in a pan of hot dripping or lard. Dish on a napkin and garnish with fried parsley. Serve a boat of good tomato sauce with them.

Scalloped or Buttered Lobster—Coquille de Homard

Split the lobster right through lengthwise. Carefully remove the flesh so as not to break the four pieces of shell. Boil shell and trimmings in milk, adding a piece of onion and parsley; boil these to make into sauce with some white roux. Cut the meat into very small dice; mix it with some sauce, adding a little chopped parsley and the necessary seasoning. Fill each piece of shell with the preparation; sprinkle bread crumbs over and a little clarified butter. Put in the oven to get hot; serve on a d'oyley. To make this a satisfactory entrée small lobsters should be chosen.

Chartreuse of Fillets of Sole—Chartreuse de Filets de Soles

Spread the fillets full length and sprinkle them alternately with lobster coral, chopped parsley, and chopped truffle. Roll them up tightly and bind

round with a piece of cotton or thread. Boil them in some salt water for five or ten minutes and take out to get thoroughly cold. Butter well a plain mould and decorate it with slices of fillets. Line with a delicate forcemeat made with a fresh whiting or haddock. Cut up the remainder of the soles; add sliced mushrooms and a few quenelles made from the forcemeat; add also a little sauce made from the fish bones, and with this preparation fill in the Chartreuse. Put a layer of forcemeat over all and steam from one to one and a half hours. Turn on to the dish, but do not remove the mould for a minute. Pour sauce all over just before serving.

Crépinettes à la Cardinal

Make a good forcemeat from the rough parts of two lobsters and a fresh whiting. Colour this with some prepared spawn, and fold portions in a pig's caul that has been previously soaked in cold water. See that the forcemeat is properly seasoned, and a little essence of anchovy added. The crépinettes should be about 2 in. long and 1¼ in. wide, and as thick as a cutlet. Fry them in clarified butter. Serve with a ragoût made from the best parts of the lobsters, some mushrooms, quenelles, and a truffle sliced. Pour a good cardinal sauce made from the shell trimmings, &c., round the base of the entrée.

Fillets of Sole, Venetian Style—Filets de Soles à la Vénétienne (Cold)

Take the fillets of soles. Skin and lay on a table, skin side up; dust with a little flour and spread with fish farce, which has been coloured with lobster spawn. Then fold and lay in a sauté pan with a little fish liquor. Season with pepper and salt, cover with buttered paper, and cook in an oven for ten minutes. When cold, cover with a sauce made from the liquor and two yolks of eggs and a little aspic jelly to set it. Sprinkle with chopped tarragon, brush lightly over with aspic jelly, and dish on salad decorated with cucumber.

Mousseline de Saumon à la Montmorency (Cold)

Take 1 lb. of salmon cut into small pieces free from bone and skin. Pound in a mortar with 1 oz. of bread panada (crumb of bread soaked in milk and rubbed smooth). Add the whites of three raw eggs and pass through a fine wire sieve; put into a basin and beat well. Season with pepper and salt and a dash of anchovy essence. Add a gill of cream and place on ice until required. Then shape in a spoon with a knife and lift off with another spoon on to a sauté pan. Pour boiling fish stock round them, and poach gently for ten minutes. When cold, cover with white sauce (fish) in which is mixed chopped truffle and lobster coral. Brush over with aspic, and dish on a border of whipped aspic. Garnish with cucumber.

Bread Panada

Mousse of Lobster in Aspic—Mousse de Homard en Aspic (Cold)

Pound the meat of a hen lobster, taking care to save the coral for decorating. Soften with a little cream and pass through a wire sieve. Put into a basin and gently stir in a gill of good cream, a little anchovy essence, and a spot of cochineal. Whip up the whites of two eggs stiff, and stir all gently together with a little aspic jelly. Pour into mould (or soufflé case) previously decorated with coral, truffle, and parsley.

Fillets of Sole in China Shells—Filets de Soles en Coquilles à la Favorite (Cold)

This consists of china shells filled with fillets of sole and pieces of lobster, coated with mayonnaise, and decorated with a prawn and tarragon leaves. Dish on a folded napkin.

CHAPTER XXVIII

SWEETBREAD AND OTHER ENTRÉES

Sweetbreads—Ris de Veau

Take a good pair of calves' breads, and bring to the boil in cold water. As soon as they boil throw into cold water; then pick any skin off and cut the superfluous part away. Put with trimmings into a stewpan with a carrot, a small turnip, half an onion, a little parsley, a sprig of thyme, a bay leaf, and a blade of mace. Cover with half white stock and half milk; cook until done. Lift out on to a plate, strain the liquor, and thicken with white roux. Season and add some cream, and pass through a tammy cloth. Dish and pour sauce over.

Medallions of Sweetbreads—Médaillons de Ris de Veau

Cook as above, taking care not to cook them too much. When cold, cut crossways into slices ½ in. thick. Make the sauce as above, unless any special one is required, and dish the pieces round on a border of potato or on a forcemeat border. Place a garnish in the centre and pour sauce over. Lay a slice of truffle on each medallion.

Sweetbreads à la d'Uxelles—Ris de Veau à la d'Uxelles

These are slices of sweetbread prepared as above and covered all over with d'Uxelles sauce. When cold and set, roll in bread crumbs; then egg and breadcrumb and fry. Dish and serve with d'Uxelles sauce poured round and a garnish of mushroom and truffles.

Sweatbreads à la Villeroi—Ris de Veau à la Villeroi

These are served in the same way as above, using German sauce to coat them with. Garnish with a vegetable garnish and white sauce poured round.

Sweetbreads à l'Orly—Ris de Veau à l'Orly

These consist of slices of cooked sweetbread dipped in batter, fried, and served with tomato sauce and fried parsley.

Sweetbreads in Cases

Cook some sweetbreads according to number required. Make the white sauce from the liquor they were cooked in, adding extra cream. Season well. When cold, mix with the pieces of sweetbread and sliced mushroom and truffle, and fill in fancy paper cases. Place some bright chopped aspic jelly on top, and garnish with a little chopped truffle.

Fried Sweetbreads—Ris de Veau Frits

Blanch and skin, then braise in some stock with vegetable parsley and a blade of mace. Keep in the oven until nearly done; then take out, and, when cold, cut into slices, or, if preferred, serve whole. Egg and bread-crumb and fry to a golden colour, and serve with tomato, Italian, or other well-seasoned sauce.

Sweetbreads à la Toulouse—Ris de Veau à la Toulouse

Blanch and skin a pair of good sweetbreads; then lard them by cutting strips of fat bacon, called larding bacon, which can be purchased for the

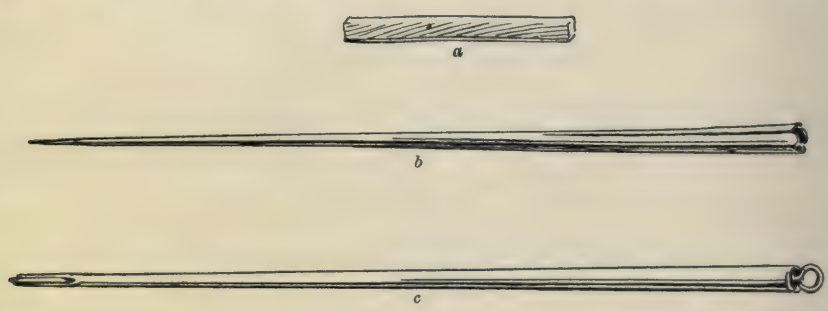


Fig. 132

a, Lardoon. *b*, *c*, Larding needles. In *b* the lardoon is thrust down the split head. In *c* the lardoon is "threaded" through the ring

purpose, and drawing them in neat rows in the top of the sweetbread with a larding needle (fig. 132). Braise in some good white stock with vegetable, parsley, a sprig of thyme, a few peppercorns, and a blade of mace until done. Dish with a financière garnish and some good white sauce made from the liquor. This is sometimes called *sweetbreads financière*, though more often sweetbreads financière are served brown.

Sweetbreads à la St. Cloud—Ris de Veau à la St. Cloud

These are larded with pieces of tongue and truffle and braised and dished on potato, and white sauce is poured round. A garnish of steamed

yolk and whites of egg cut into rounds and chopped truffle is sprinkled over them.

Ris de Veau à la Melita

Prepare the sweetbreads exactly as for medallions; then coat each piece with chicken quenelle or farce. Decorate with truffle and pistachio, place in a sauté pan with the liquor, cover with buttered paper, and place in the oven just long enough to set the farce. Have ready a croûton of bread cut from a half-quartern stale sandwich loaf in the form of a bridge and fried in deep fat to a golden colour. Dish on the bridge so that they overlap each other. Stick a cutlet spike in each; put a pyramid of vegetable (cut in Julienne) on each side, and pour sauce made from the sweetbreads round the whole.

Fillets of Sweetbread with Aspic Jelly—Filets de Ris de Veau à la Gelée

Cook the sweetbreads as for medallions. When cold, cut into slices about $\frac{1}{4}$ in. thick. Season, and coat over with foie gras which has been passed through a fine sieve, and put in a cool place to get firm. Then mask over with Béchamel sauce, decorate with truffle, and, when set, brush over several times with cold melted aspic. Dish on a rice border, and pipe some chopped aspic jelly (just a dash of melted aspic mixed with the chopped will be found much easier to pipe with) in between the fillets. Several garnishes may be used, such as olives turned and stuffed with purée of sweetbread made from trimmings, or mixed vegetables, tomatoes, peas, &c. &c.

Sweetbreads, Marie Louise Style—Ris de Veau à la Marie Louise

Lard the sweetbreads with truffles and fat bacon. Wrap them in a thin slice of fat bacon and buttered paper. Braise in some strong white stock well flavoured with vegetables, &c. Glaze them, and serve with a nicely dressed Macédoine of vegetables and German sauce, in which are a few slices of truffle.

Sweetbread Imperial—Ris de Veau à l'Impériale

Lard the sweetbreads; braise and glaze them. Serve with purée of peas and a rich Périgueux sauce.

Sweetbread with Pistachio Nut—Ris de Veau aux Pistaches

Stud the sweetbreads with blanched pistachios. Wrap them in a slice of fat bacon and buttered paper, and braise in a good, strong, well-flavoured white stock. Serve with a purée of celery, in which mix some chopped pistachio nuts.

Épigramme de Ris de Veau

Braise two sweetbreads and let them get cold. Cut them into slices. Cover half of the slices on one side with a light quenelle forcemeat and decorate. Stand these in a little gravy, cover with buttered paper, and

finish in the oven. Dip the other half in some German sauce and leave until cold. Egg and breadcrumb them and fry in deep fat. Dish them on a border of potato alternately. Garnish and sauces can be varied according to taste.

Lambs' Sweetbreads, Milanese—Ris d'Agneau à la Milanaise

Blanch the breads and lard the heart ones. Braise them in some good stock and glaze them nicely. Dish in a circle on a border of potato or

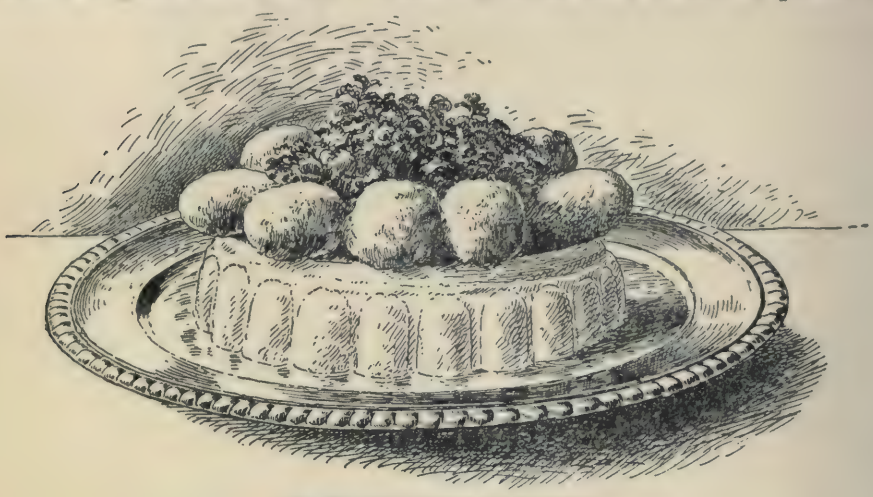


Fig. 133.—Ris d'Agneau à la Milanaise

quenelle, and fill the centre with a mixture of macaroni, shredded tongue, mushrooms, and truffles, which has been dressed with Parmesan cheese, butter, and the necessary seasoning. Pour a rich tomato sauce round.

Lambs' Sweetbreads and Spinach—Ris d'Agneau aux Épinards

Lard and braise the sweetbreads and dish them on a plateau of dressed spinach. Pour some demi-glaze all over.

Lambs' Sweetbreads in Cases, Gratinated—Petites Caisses de Ris d'Agneau au Gratin

Braise enough sweetbreads to fill the necessary number of buttered ramequin or other paper cases. Cut the sweetbreads and put them in the cases. Fill with a very rich and rather thick Italian sauce, well-flavoured with sherry. Sprinkle some brown-bread crumbs over the top and stand them in a sauté pan to make thoroughly hot in the oven.

Scalloped Sweetbreads, Dauphiné Style—Escalopes de Ris de Veau à la Dauphiné

Braise the sweetbreads and let them get cold. Cut them into slices and lay in a sauté pan to warm in some German or Béchamel sauce. Cut some croûtons of tongue the same size round as the sweetbreads Lay

these in another sauté pan, glaze them, and warm in the oven. Dish alternately on a border of potato. Put a garnish of mushrooms, truffles, tongue, and any odd pieces of sweetbread that may be over in the centre, and pour some German or Béchamel sauce round the base.

Escalopes de Ris de Veau à l'Archiduchesse

Blanch the sweetbreads and cut them into slices. Lard one with truffles, the next with bacon. Braise them and glaze nicely. Dish them alternately on a border of potato. Put a purée of peas in the centre, and a rich Espagnole sauce flavoured with sherry round the base.

Ox Kidney Sauté

Take an ox kidney and cut it in thin slices. Melt a pat of butter in a sauté pan and place the kidney in. Season with pepper and salt, and keep it on the move for ten minutes. Dredge over with flour. Add a gill of good stock and half a gill of Chablis. Simmer for five minutes, add some chopped parsley, and serve.

Tripe à la Française

Shred two onions and 1 lb. of tripe about 1½ in. long. Place the onion in a sauté pan with 1 oz. of butter and fry to a golden colour. Add the tripe and continue frying for five minutes more. Moisten with 1 gill of stock, 1 gill of Espagnole sauce, and a little tomato purée. Simmer for twenty minutes. Skim, and throw in some chopped parsley. Season and serve.

Calves' Brains à la Spezia

Soak two calves' brains in cold water for an hour. Skin and put to boil in water with a little salt and vinegar added. Cook gently for fifteen minutes; set them under the hot-water tap for five minutes; then put to cool. In the meantime prepare some small onions and fry to a golden brown; put into a pint of brown sauce along with some fresh cooked mushrooms. Simmer gently by the side of the stove till the onions are cooked. Slice the brains into pieces ½ in. thick. Dust with flour, egg and crumb, and fry in deep fat to a light brown. Dish on a potato border, with onion and mushroom in centre, and pour sauce round.

Minced Veal

Cut any remains of cooked veal into small squares, and lay in a stew-pan. Season with pepper and salt and a little grated nutmeg, dredge a little flour over it, and add a little white stock. Simmer gently for half an hour. Just before serving add a little lemon juice and cream. Dish with pieces of toasted bread cut in triangle shapes.

Veal Croquettes—Croquettes de Veau

Prepare as for minced veal, adding when ready a teaspoonful of chopped parsley and the yolks of four eggs. Keep on the fire for a few

minutes to set the yolks, stirring all the time; then turn out on a dish, and place on ice. When quite firm, spread some bread crumbs on the table. Roll out the mixture into the shape and size of corks; roll them in bread crumbs; then dip them in eggs (which have been beaten for a minute) and roll in crumb again. Fry in deep fat to a golden colour and dish on a napkin, with fried parsley.

Calves'-Feet Fritters—Pieds de Veau en Friture

The calves' feet must be boiled in just enough water to make them quite soft. Strain away the liquor; pick out all bones. Season the meat with pepper and salt and a little chopped parsley, put between two dishes to press, and get thoroughly cold. With a round cutter cut out enough pieces for the entrée and lay in a little vinegar and oil for an hour or so. Drain on a sieve; dust on both sides with flour; dip in a light fritter batter, and fry in a pan of hot fat. Dish on a napkin. Garnish with fried parsley, and serve piquante, tomato, Italian, or some other rich sauce with them in a boat.

Calves'-Feet, Toulouse—Pieds de Veau à la Toulouse

Prepare and press the calves' feet. Cut out enough pieces with an oval or round cutter. Spread some thick German sauce on each side; dip them in egg and bread crumbs twice. Shape them nicely and fry in hot fat. Dish on a border of potato. Put a garnish of button mushrooms, scallops of tongue, and a sliced truffle in the centre, and pour a rich white sauce flavoured with sherry round the base.

Veal Grenadins, Nivernaise—Grenadins de Veau à la Nivernaise

Lard some thick veal cutlets with strips of fat bacon. Braise and glaze them richly. Dish on a border of potato, and in the centre put some nicely dressed turnips that have been cut with a fancy cutter. Pour some German sauce round the base.

CHAPTER XXIX

FOIE GRAS AND OTHER ENTRÉES

Small Cases of Foie Gras and Truffles—Petites Caisses de Foie Gras aux Truffes

Oil the ramaquin cases, and put them in the oven for a minute or two to dry. For this entrée the whole liver should be used. Cut it into small thick pieces and lay in the cases alternately with some sliced truffle. Fill up the cases with a well-flavoured German sauce and make them thoroughly hot through in the oven.

Foie Gras Cutlets with Périgueux Sauce—Côtelettes de Foie Gras à la Périgueux

Slice a liver and shape into cutlets. Pound the trimmings into a paste. Add a few fresh bread crumbs, a little white sauce, and a yolk or two of egg. Lay a slice of truffle on the cutlet, and then spread some of the mixture on both sides. Dip them in egg and bread crumbs, and fry in a pan of hot fat. Dish on a border of potato, and pour over them a sauce made with good Espagnole, in which place some chopped truffles. Flavour well with sherry.

Russian Kromeskies—Kromeskies à la Russe

Make a salpicon by cutting into very small dice some chicken, tongue, mushrooms, and truffles. Mix them in some boiling white sauce and add two or three yolks of eggs. Lay this mixture on a dish to get cold. Roll portions of it into the size and shape of an ordinary cork, and cover all over with a slice of very thin fat bacon which has been parboiled in stock. Sprinkle with flour. Dip them in a light batter, and fry in a pan of hot fat. Dish on a napkin and garnish with fried parsley.

French Kromeskies—Kromeskies à la Française

Put the salpicon in some very thin short paste; pat them out flat and oblong. Dip in egg and bread crumbs and fry in the ordinary way. Dish on a napkin and put a bouquet of fried parsley in the centre.

Foie Gras Soufflés—Petits Soufflés de Foie Gras

With some pâté de foie gras mix a little German sauce, fresh bread crumbs, and the yolks of two or three eggs. Season to taste. Whip the whites of the eggs to a stiff froth and gently stir into the mixture. Half-fill some well-buttered or oiled ramaquin cases with the mixture, and bake so that they are done just in time to serve, which will be from fifteen to twenty minutes. Dish on a napkin.

Parfait de Foie Gras

Pound and pass the foie gras through a fine sieve, beat up stiff the whites of three eggs, stir into a gill of half-whipped cream, and stir gently into the foie gras. Season with salt and pepper, and add some cold liquid aspic. Pour into a silver soufflé dish, and when set decorate with truffle and cover the whole with ¼ in. of aspic jelly.

Mousse of Foie Gras—Mousse de Foie Gras

Prepare as for parfait, but fill into a mould lined with aspic jelly and decorated.

Sweetbread in Timbale—Timbale de Ris de Veau en demi Duel

Butter well a plain mould and decorate it with truffles and steamed white of egg. Cover the whole decoration with a rather thick layer of delicate quenelle forcemeat, and fill the cavity with small pieces of sweetbread, tongue, mushrooms, and truffles mixed with a little thick white sauce. Cover with a thin layer of forcemeat and steam for an hour and a half. Turn on to the dish, but do not remove the mould for a minute. This allows it to settle, and prevents it from breaking. Pour some white sauce all over, and sprinkle round the base with a little chopped truffle.

Timbale, Milanese Style—Timbale à la Milanaise

Take a round plain Charlotte mould and butter well. Make a paste by rubbing 1 oz. butter into 3 oz. flour with the yolks of two eggs, a pinch of sugar, and very little water, mixing to a firm paste and setting in a cool place. Lay some strips of the paste round the mould, brush over with water, and put a lining of puff paste all over. Boil some spaghetti till cooked, drain on a cloth, and cut into pieces 2 in. long. Mix with some grated Parmesan cheese, season with pepper, salt, and a little grated nutmeg. Fill in the mould, cover with paste, and bake in a medium oven. When cooked, turn out on an entrée dish, cut out the centre of the top, and take out some of the spaghetti, sufficient to hold about a dozen small chicken quenelles, some finely shredded tongue, &c., mushroom and truffle mixed in German sauce and brought up to a pyramid on top. Pour some German sauce round, and decorate with chopped truffle on the sauce.

Vegetable Chartreuse—Chartreuse de Légumes

Butter a plain Charlotte mould well. Decorate it with a variety of partly cooked vegetables; then line it with a delicate forcemeat made from veal or chicken. Fill the centre with a Macédoine of cooked vegetables, a little thick white sauce, and the necessary seasoning. Put a layer of forcemeat over all, and steam like a pudding for an hour to an hour and a half. Turn on to the dish, but do not remove the mould for a minute or so. Pour a nicely flavoured white sauce round.

Chartreuse en demi Duel

Butter a Charlotte mould or small Timbale moulds well, and decorate with black truffles and steamed white of egg. Put a layer of light quenelle forcemeat all round the top and fill the centre with chicken, tongue, mushrooms, and small quenelles mixed in German sauce. Put a layer of forcemeat over and steam like a pudding for an hour and a half. Do not remove the mould for a minute or so after turning it on to the dish. Pour some German sauce round the base, and sprinkle chopped truffle over just before serving. If small moulds are used the filling should be cut into dice.

CHAPTER XXX

ENTRÉES OF POULTRY, GAME, ETC.

Zéphyrs de Caneton à la Belle Île

Take all the meat off a nice firm duck, pound in the mortar with 2 oz. bread panada (see p. 112), add two raw eggs, and pass through a fine wire sieve. Beat well, season with pepper and salt and a dash of nutmeg, add half a pint of cream, then try a little by steaming in a small mould (it must be only just set). Next fill into a round small savarin mould, buttered, and steam gently for twenty minutes. Have ready some round croûtes of puff paste (baked) ¼ in. thick, and turn out on each croûte. Dish on a purée of spinach lengthways on a long dish, and fill the centre of each zephyr with small cherries (which have been simmered in red wine for five minutes). Make the sauce by chopping up the carcass of the duck with an onion and a pinch of sage, reduce and add to some Espagnole sauce, also a tablespoonful of the wine from the cherries, and pour all round. Chicken may be done in the same way, using a macédoine of vegetables for garnish and white sauce.

Small Rounds of Turkey Fillets—Miroton de Dindonneau à la Châtelaine

Take the fillets from a plump young turkey, beat out with a cutlet beater, and lay in a sauté pan. Slice a small onion, half a leek, a carrot, and a turnip; put with some trimmings of ham into a stewpan; add a little parsley, a sprig of thyme, two bay leaves, a blade of mace, and a pat of butter. Simmer for five minutes and spread over the fillets. Pour a pint of stock over the whole, cover with buttered paper, and cook gently in the oven until quite tender; then put aside to cool. In the meantime prepare with the meat from the thighs a quenelle meat (same as for chicken); then cut with a round cutter the size of a five-shilling piece as many fillets as may be required. Spread each piece with the farce and decorate with smoked tongue. Put back in the sauté pan; cover, and steam for ten minutes to set the quenelle meat. Trim as many artichoke bottoms as there are fillets, hollow out the centre, and fill in with star tube a purée of chestnut. Dish bridge-fashion down a dish with the artichokes and noisette potato alternately. Serve with velouté sauce to which has been added reduced liquor from the fillets.

Small Pieces of Rabbit Braized—Grenadins de Lapereau à la Maintenon

Take a young rabbit, chop off the legs and cut the back (with the fillets on) into equal-sized pieces, and lard them with bacon fat. Cut up a carrot, a turnip, a leek, and an onion; place in a stewpan with a pat of butter, a little parsley, a few peppercorns, and a sprig of thyme; set it to frizzle

gently; then lay the pieces of rabbit on top and continue for ten minutes. Add a pint of boiling stock and simmer gently till quite tender. Lift out, strain the liquor, and reduce with a gill of Chablis. Add half a pint of Espagnole sauce and dish on spinach. Glaze the rabbit and pour sauce round.

Small Galantine of Chicken—Ballotines de Volailles

Lay a boned fowl, meat side up, on the table; divide the meat equally and cut into pieces (sufficient when forcemeat is on and rolled to be about 2 in. in diameter). Season with pepper and salt and spread with a galantine forcemeat, of course cutting the strips of tongue, &c., smaller. Roll up in a cloth; tie each end, and tie once in the middle very tight. Boil the ballotines in some good well-flavoured stock. When cooked, which will take about three-quarters of an hour, lift out; when cold enough to handle, undo, roll up again, and re-tie; then set to get quite cold. Glaze, sprinkle the top with chopped pistachio, and just slice through slantwise. Dish on salad or rice socle with aspic jelly.

Fillets of Chicken in Aspic—Fillets de Volailles en Belle Vue

Remove the breasts of two fowls, beat out with a cutlet bat, and lay in a buttered sauté pan, with some well-flavoured chicken stock. Cover with buttered paper and cook gently in the oven. When quite tender, lift out, press, and put to cool. Cut with a round cutter the size of half-a-crown. Mask over with Béchamel sauce, decorate with a round of truffle, and round that a ring of tongue and a ring of steamed yolk of egg outside the tongue. Brush over with aspic, and set in small round moulds with very clear aspic jelly.

Curried Fowl—Kari de Volaille

Cut a fowl into eight nice pieces. Place in a stewpan with a pat of butter and fry to a light golden colour. Season, add a carrot, a turnip, an onion cut up, some parsley, and two bay leaves. Put the lid on and sweat for ten minutes. Add a tablespoonful of curry powder and one of flour; stir, and add three pints of stock. Simmer gently till the fowl is tender; then lift out, strain, and skim the liquor, and put the chicken back in it to be kept hot until required. Dish in the centre with plain rice round. Chutney should be handed with it.

Rice for Curry

Wash the rice well two or three times in clean cold water; then put into a stewpan with plenty of boiling water and a teaspoonful of salt. Stir to keep the grain separated, and, when almost cooked, strain well, and place in the oven on a sieve to dry.

Filets de Volailles à la Boulangère

These are fillets of chicken sautéd and masked over with chicken quenelle, in which has been mixed some finely chopped truffle. Have a

garnish of stewed pieces of cucumber (cut into olive shapes), and serve with a white chicken sauce.

Stewed Chicken, Marengo—Poulet Sauté à la Marengo

Cut a chicken into eight nice-sized pieces. Place in a sauté pan, with a gill of salad oil made hot, and fry to a golden colour on both sides. Lift out into a stewpan containing some Espagnole sauce, to which have been added half a pint of tomato sauce and a little chicken stock. Stew gently for half an hour, or until quite tender. Skim away carefully any oil that may be on the top. Add about a dozen mushrooms sliced; dish, and sprinkle with chopped parsley; pour sauce all over.

Fillets of Chicken, Suprême—Filets de Volaille en Suprême

The breast of the fowl should be cut into four small cutlets. Lay them in a sauté pan with oiled butter. Cover with buttered paper; add a little stock or water, and cook in the oven. Dish loosely on a border of potato, and pour a white cream sauce made from the carcass of the fowl all over. Then between the fillets place a slice of tongue made hot in demi-glaze. Put a garnish of white button mushrooms in the centre, and pour some suprême sauce round.

Fillets of Fowl à la Bigarure—Filets de Volaille à la Bigarure

Cut the breast of the fowl into four small cutlets; cook them, and press. With the legs of the fowl make quenelle farce, and cover each fillet with a dome of it. Sprinkle them with some finely chopped tongue, and lay them in a sauté pan with a little stock or milk. Cover with buttered paper, and cook them in the oven. Dish on a border of potato. Put some nicely dressed spinach in the centre and a purée of celery and sauce round. Just before serving, sprinkle some finely chopped pistachios over the sauce.

Fillets of Chicken, Régence—Filets de Volaille à la Régence

Cut the breast of a fowl into four small cutlets; cook and press. Put a dome of light quenelle on each, and decorate with truffles, tongue, and pistachios. Lay them in a sauté pan with a little stock or milk, cover with buttered paper, and cook in the oven. Dish on a border of potato. Fill the centre with a garnish of cocks' combs, mushrooms, truffles, and tongue, and pour a white cream sauce all round.

Fillets of Chicken, Duchesse—Filets de Volaille à la Duchesse

Cut the breast of a fowl into four cutlets, and lard them alternately with tongue, truffle, and bacon. Braise them in some chicken stock. Dish on a border of potato. Put a purée of green peas in the centre, and pour a white Italian sauce round the base.

Fricassee of Fowl—Fricassée de Volaille

Cut a chicken into small neat joints, and cover with cold water. Add a little salt, bring to the boil, and carefully skim. Add onion, carrot, thyme, and a little grated nutmeg, and boil until the parts are quite tender. Strain the liquor, and make into a cream sauce. Add some button mushrooms and sliced truffles. Dish the fowl in a heap, and pour the sauce all over. Garnish with a few fried croûtons of bread or glazed tongue.

Blanquette of Fowl and Mushrooms—Blanquette de Volaille aux Champignons

Cut up a boiled fowl into small pieces, to which add some small button mushrooms. Mix all together, season with pepper and salt and a little

Fig. 134.—Blanquette of Fowl (cold)

nutmeg, and add some rather thick chicken cream sauce. Fill a border mould with some boiled and well-dressed rice. Turn on to the dish, and pile the preparation of chicken to the shape of a dome. Pour some cream sauce round the base, and sprinkle a few slices of truffles over it. This is a useful entrée where chicken is left over from a previous dinner.

Quenelles of Chicken, Française—Quenelles de Volaille à la Française

Boil a leg of the fowl. Make the rest into a light quenelle farce. Mince the leg very fine, and mix with a little stiff white sauce. When moulding the quenelle in the spoon, put a little of the mixture in the

middle, and finish in the ordinary way. Poach them in some chicken stock. Dish on a border of farce or potato. Cover with a white cream sauce, and sprinkle alternately with finely chopped tongue, truffles, and pistachios.

Chicken Quenelles, Lucullus—Quenelles de Volaille à la Lucullus

Chop a truffle finely, and mix with a little chicken glaze. Put a portion of this in each quenelle. Decorate them, and poach in some chicken stock. Dish on a border of farce or potato. Cover with a cream sauce flavoured with some pâté de foie gras. Put a fried croustade of bread in the centre, with a silver skewer on which place a good black truffle.

Chicken Bread, Victoria—Pain de Volaille à la Victoria

Pound well a partly boiled fowl. Add half as much bread crumbs as fowl, the whites of three eggs, and a little cream. Season with pepper, salt, and nutmeg; also a pinch of cayenne. Put in a well-buttered mould which has been decorated. Steam for forty-five minutes, according to size of mould (which should be a fluted one for preference). Pour a white cream sauce all over.

Chicken Zephyr, Cream Sauce—Zéphyr de Volaille à la Crème

This preparation is the same as the foregoing, except that the chicken should be uncooked, and the cream must be whipped just before mixing and steaming; and care should be taken that it is cooked just in time to serve, as it is very light in its consistency. These entrées can also be served as petits pains, &c., by using small timbale moulds.

Parisian Timbale—Timbale à la Parisienne

Take a Charlotte mould or small timbale moulds well buttered and decorated. Line them with some light chicken farce, and fill the cavity with a ragoût of chicken, tongue, mushrooms, truffles, and a small quantity of thick white sauce. Cover with another layer of farce, and steam like a pudding. Turn on to the dish, and let it stand a minute before removing the mould. Pour a thin cream sauce all over just before serving. If small moulds are used, the chicken, &c., should be cut into small dice.

Victoria Sausages—Crépinettes à la Victoria

Remove all skin and gristle from the flesh of a boiled fowl. Add some fat ham or bacon to the meat; season with pepper, salt, nutmeg, and a little sweet herbs. Chop it all together, or put through the mincing machine to make it into sausage meat. Soak a pig's caul in cold water. Then roll portions of the mixture in the caul to make flat, oblong sausages. Sauté these in clarified butter, and dish on a border of potato. Lay a slice of truffle on each, and pour a rich tomato sauce round.

Chicken Fritters—Poulets en Friture

The flesh of a cold roast or boiled fowl should be cut into rather small pieces. Lay them in a marinade of vinegar, oil, onion, thyme, parsley, and pepper and salt for two or three hours. Dip each piece in a light fritter batter, and fry in deep fat. Dish on a napkin, garnish with fried parsley, and serve piquante sauce in a boat. This entrée is useful where fowl has been left over from a previous dinner.

Chicken Panada, Princess—Pain de Volaille à la Princesse

Pound the flesh of a partly cooked fowl to a complete pulp; add half the quantity of fresh bread crumbs, three or four whites of eggs, a gill of cream, and the necessary seasoning. Put in a well-buttered and floured fluted mould, and steam for three-quarters of an hour so as to be cooked just in time to serve. Pour over it a cream sauce made from the bones of the chicken. Put some finely shredded French beans in the centre, and a few thin scollops of glazed tongue round the base. In making entrées of this description it is advisable to cook a little of the preparation to test its correctness. It should be very light, though firm, and therefore may need more egg to bind, or cream to soften it. Steam some in a tiny mould to try it.

Petites Timbales à la Royale

Ornament the small moulds with tongue and steamed white of egg. Line them with some light quenelle meat, fill the cavity with a mixture of chicken, tongue, mushrooms, and truffles cut into small dice, and mix in some reduced Espagnole sauce. Cover with a little more quenelle meat, and steam for twenty or thirty minutes. Turn them on to the dish, but do not remove the mould for a minute. Pour some white chicken cream sauce round.

Small Chicken Soufflés—Petits Soufflés de Volaille

Pound the flesh of a partly cooked fowl, and rub it through a wire sieve. Add two or three spoonfuls of fine fresh bread crumbs, and stir all together in a basin with the white of one egg and a spoonful of cream. Season with pepper, salt, and nutmeg. Whip the whites of three or four more eggs to a stiff froth, mix carefully but thoroughly in the mixture, and half-fill some oiled or buttered ramaquin cases. Bake for fifteen or twenty minutes in a moderate oven, so as to be cooked just in time for serving. Dish on a napkin.

Pigeon Compote, Financière—Compote de Pigeons à la Financière

Bone the pigeons, put some well-flavoured sausage meat in them, roll them in a cloth, and boil like a galantine. Keep them small. Let them get thoroughly cold. Cut them in halves lengthways, then each half diagonally, so that there are four pieces to each pigeon. Lay the pieces in a sauté pan or stewpan with a little stock to make hot again. Dish on a border. Put a ragoût of cocks' combs, mushrooms, tongue, and truffles

in the centre, and pour all over a rich brown sauce made with the pigeon bones and flavoured with tomato and sherry.

Pigeon Compote and Peas—Compote de Pigeons aux Petits Pois

The compote is to be prepared as above, but some well-dressed peas are to be put in the centre, and a brown sauce round.

Pigeon Compote, Zingara—Compote de Pigeons à la Zingara

The forcemeat should be flavoured with some pâté de foie gras and truffles. Dish on a border, and garnish with stuffed olives and fresh button mushrooms. Pour a Périgueux sauce round the base.

Pigeon Medallions and Asparagus—Médaillons de Pigeons aux Pointes d'Asperges

The galantine of pigeon should be made as for compote; but it should be cut in slices, and kept as round as possible. Lay them out in a sauté pan in stock to make hot. Dish on a border. Garnish with the tender part of asparagus cut into inch lengths, cooked and dressed, and pour a white or brown sauce made from the bones round the entrée.

Pigeon Cutlets—Côtelettes de Pigeons

To cut a pigeon into cutlets, cut it down the breast and through the wing joint. Carefully cut all the flesh from the bone, pull the leg joint out of its socket, and draw all away to the centre of the back. In this way four cutlets are made from each pigeon. Take one bone from the thick part of the leg to the joint, cut the foot part off at the other joint, and cut away the wing. Lay them out flat in a sauté pan, and cook until tender. Place them between two dishes to press until quite cold. Another way is as follows. Take out the two fillets, cook and press, and keep a leg bone to stick in each fillet when finishing. There is still the following third way. Bone the pigeon, fill it with a forcemeat of some kind, roll it in a cloth, and boil like a galantine. Before it gets quite cold cut it in half lengthways, then each half diagonally, so that each piece is long and pointed. Lay them between two dishes and press flat. This will make four cutlets. The result will show which way is preferable.

Pigeon Cutlets, Bourguignotte—Côtelettes de Pigeons à la Bourguignotte

Trim the pigeon cutlets into shape, and put a dome of light quenelle forcemeat on each. Smooth them with the blade of a knife dipped in hot water. Lay them out in a sauté pan with a little stock. Cook in the oven and glaze them well. Dish on a border of potato or forcemeat. Put a garnish of button mushrooms, braised button onions, small quenelles, and sliced truffles in the centre. The sauce made from the pigeon bones, flavoured with port wine, currant jelly, and a little lemon juice, should be poured round.

Pigeon Cutlets, Pompadour—Côtelettes de Pigeons à la Pompadour

Trim the cutlets into shape, and cover each with some German sauce in which mix some chopped mushrooms. Dip them in egg and bread crumbs and fry in deep fat. Dish on a border. Put a garnish of dressed green peas in the centre, and pour round Soubise sauce flavoured with the pigeon bones.

Pigeon Cutlets, Lucullus—Côtelettes de Pigeons à la Lucullus

Mix a few bread crumbs and a yolk or two of egg in some pâté de foie gras. Cover the pigeon cutlets with this mixture, dip in egg and bread crumbs, and fry in deep fat. Dish on a border. Garnish the centre with stuffed olives, mushrooms, quenelles, and truffles, and pour a Périgueux sauce made from the pigeon bones round the base.

Pigeon Fillets, Varenne—Filets de Pigeons à la Varenne

Cook and press the pigeon fillets. Make a dome of quenelle forcemeat on each. Brush with white of egg and sprinkle chopped truffles over each. Lay in a sauté pan with some stock. Cover with buttered paper and cook in the oven. Dish on a border, put a purée of peas in the centre, and a rich Italian sauce round.

Pigeon Turban—Turban de Pigeons

Bone the pigeons, lay them out flat and cut right down the breast, put a roll of forcemeat or foie gras in each, and roll each half to the size and

Fig. 135.—Pigeon Farci

length of a sausage. Tie in a cloth and then tie tightly across the centre. Cook and get them cold. Cut them across the centre, which will make four pieces of each pigeon. Make a circle of forcemeat and lay the pieces of pigeon on end all round. With a forcing-bag pipe farce between the pieces of pigeon, and decorate turban fashion with

chopped tongue, truffles, and pistachios. Put some buttered paper round and steam or bake it to finish. Different garnishes and sauces can be used according to fancy.

Fillets of Guinea Fowl—Filets de Pintade à la Lorraine

Braise two young guinea fowls. When cooked and cold, cut from the breasts twelve good fillets, spread over a purée of ham, and mask with brown chaudfroid sauce. When set, brush over several times with cold melted aspic. Decorate with steamed white of egg, dish on an aspic border, and garnish with green peas mixed with mayonnaise.

Fillets of Grouse à la Bohémienne

Lift the breasts from two young grouse, flatten out a little with the cutlet bat, and lay in a sauté pan with a braise of vegetables and a little stock. Cover with buttered paper and cook gently in the oven till quite tender. With the trimmings of meat left make a well-seasoned farce. Pass through a fine wire sieve. Trim the fillets (each side should make two) and pipe over with a star tube and forcing-bag; then prepare farce. Set in the oven for ten minutes. Dish in the shape of a crown on a potato border, put a garnish of foie gras (cut into small rounds with half a cherry stuck on with a little farce) in centre, pour round a well-seasoned brown sauce flavoured with grouse, and serve.

Lark Pudding—Boudin de Mauviettes

Line a pudding basin with suet crust (½ lb. beef suet chopped fine to 1 lb. flour and a little salt, then mixed with water rather stiff). Have ready 1 lb. rump steak, cut in slices and beaten out, 24 larks boned and stuffed, 18 oysters bearded. Put a layer of steak in first, then a layer of oysters, one of larks, and so on till full, seasoning with pepper and salt and a little flour. Pour in some good stock; cover with suet crust; tie a pudding cloth tightly over, and put in boiling water. Keep boiling for three hours. Dish on a folded napkin with another round basin.

The stuffing for larks is made as follows. Take ½ lb. veal cutlet and ½ lb. sausage; pound together in a mortar; pass through a sieve. Mix with a little chopped truffle, tongue, ham, and parsley (if available, a little foie gras is a great improvement), a few bread crumbs, and two eggs. Force into the larks with a piping bag and a large tube.

Mauviettes à la Comtesse Rosetti

Prepare and dish same as turban, using a garnish of cocks' combs dipped in batter and fried golden. Pour Espagnole sauce round, with the reduced liquor from the bones of the larks added.

Crépinettes à la Chasseur

This is a sausage meat to be made from some kind of game. Mix in it some dice of fat bacon that has been partly boiled; also mushrooms and

truffles and a little sherry. Season to taste; then roll portions in a pig's caul, and shape into flat oval pieces. Sauté them in clarified butter. Serve with a ragoût of stuffed olives, mushrooms, and truffles put in the centre, and a rich Espagnole sauce flavoured with the game bones poured round.

Larks in Small Cases—Mauviettes en Petites Caisses

Bone the larks, one for each case. Stuff with forcemeat made from liver, or with veal flavoured with some pâté de foie gras. Roll each lark into shape and put in buttered paper. Lay them in a tin and bake for ten minutes, or braise them for the same time. Oil and dry the paper cases; put a lark in each and fill in with a good brown sauce made with the bones, &c. Put a button mushroom on the top of each, and make hot through in the oven.

Larks, Montgolfier—Mauviettes à la Montgolfier

Bone the larks. Farce them and make into a small ball. Roll in paper or a cloth and cook them. Let them get quite cold, and put a layer of salpicon all round them. Roll in a piece of pig's caul, keeping them as round as possible. Egg and breadcrumb them, and fry in deep fat. Dish on a napkin. Garnish with fried parsley, and serve tomato sauce in a boat.

Lark Turban—Turban de Mauviettes

Bone and stuff the larks. Cook them and get them cold. Have some quenelle forcemeat and proceed as for turban of pigeons. The garnish and sauce can be varied according to circumstances.

Cases of Larks' Fillets and Fine Herbs—Filets de Mauviettes en Caisses aux fines Herbes

Fillet the larks, and set them off in a sauté pan. Add some sliced truffle, Espagnole sauce, chopped mushroom, parsley, and a little onion. Braise all together until the fillets are thoroughly tender. Fill the paper cases, which must be previously oiled and dried. Lay them on a tin, and make hot through in the oven.

Fillets of Larks on Silver Skewers—Filets de Mauviettes en Hâtelettes

Fillet the larks and braise them. Put three fillets and two slices of mushroom or foie gras on a tiny wooden skewer. Cover them round with some thick sauce made to set. Let them get thoroughly cold. Shape them round like a cork, dip in egg and crumbs twice, and fry in deep fat. Take out the wooden skewer and replace it with a small silver one. Dish on a napkin, and garnish with fried parsley.

Quails, Syrienne—Cailles à la Syrienne

After having boned, stuffed, and cooked the quail, cut in halves and coat over with a brown game farce. Decorate with steamed yolk and white of egg and set off in the oven. Dish on a potato border round a

pyramid of tiny chicken quenelles. Pour a rich game sauce round and serve. Care should be taken to set the legs perfectly straight; otherwise an untidy appearance is produced.

Stuffed Quails in Casserole—Cailles Farcies en Casserole

Prepare the quail as for cailles farcies à la financière; divide in halves and lay overlapping each other in an oval or round casserole pot. Arrange the legs nice and even; pour in enough sauce financière to little more than half-cover the quail; make hot in the oven and place a vegetable or other garnish as required in the centre. Place the casserole on a napkin and serve. Plain roast quail, &c., may be served with gravy in the same way. It has the advantage of keeping nice and hot.

Quails Farced à la Financière—Cailles Farcies à la Financière

Bone the quails and stuff with a quenelle farce made of liver, veal, or foie gras. Roll them in buttered paper to keep in shape; lay them in a sauté pan with a little stock, and braise them in the oven until cooked. Get them thoroughly cold, and cut in halves lengthwise down the breast. Lay them out again in the sauté pan to make hot through. Dish on a border of potato or forcemeat, with croûtes of fried bread between the pieces of quail. Put a ragoût of cocks' combs, tongue, quenelles, mushroom, and truffles in the centre, and a rich brown sauce made with the bones and flavoured with sherry round the base.

Quail Salmis and Stuffed Tomatoes—Cailles en Salmis aux Tomates Farcies

Truss and partly roast the quails, get them cold, and cut them in halves. Lay them out in a shallow stewpan or sauté pan, and cover with a rather thin rich brown sauce. Braise and reduce the sauce to a proper consistency. Flavour with sherry. Dish the quails on a border with a croûte of fried bread between the halves. Pour the sauce round the base. The stuffed tomatoes are prepared as follows. Cut through like an orange, squeeze out the liquor, and take out the pips. Fill in with a mixture of chopped mushrooms, parsley, a little onion, a few bread crumbs, the yolk of an egg, and a spoonful of brown sauce. Sprinkle with a few brown crumbs and bake for about ten minutes. Put these in the centre of the entrée.

Farced Quails in Cold Consommé—Cailles Farcies au Consommé Froid

Bone, farce, and cook the quails. When thoroughly cold cut in halves and lay them flat in an entrée dish on a layer of set consommé. Decorate each piece with egg, truffle, and tongue, and cover entirely with a nearly cold, clear consommé flavoured with the bones and made to set, with gelatine added if necessary. The consommé must be well flavoured and not too firm, so that they can be served from the dish with a tablespoon.

Compote of Quails and Farced Olives—Compote de Cailles aux Olives Farcies

Bone, farce, and cook the quails; let them get cold. Cut them in halves and make hot in a good Espagnole sauce. Dish on a border with a croûte of fried bread between the halves. Stone and stuff the olives with a well-flavoured quenelle forcemeat. Put them in the sauce and boil a minute or two, which will add to the flavouring. Put them in the centre of the entrée.

Turban of Quails—Cailles en Turban

Proceed in the same way as for turban of larks and pigeons, but use the halves of a quail, boned, stuffed, and cooked.

Quail Cutlets, Périgord—Côtelettes de Cailles à la Périgord

Bone the quails, lay them out flat, and cut in halves right down the breast. Lay them in a sauté pan in a little stock and cook until nearly done. Press them between two dishes until cold. Make a dome of quenelle on each, egg them, and sprinkle well with chopped truffle. Lay them again in the stock, cover with buttered paper, and finish in the oven. Dish on a border, with a fried croûte between the halves, a decorated croustade in the centre, and a rich Périgord sauce poured round.

Quail Cutlets, Villeroi—Côtelettes de Cailles à la Villeroi

Prepare the cutlets as above. When cold, dip them in some German sauce, made to set with yolks of eggs and a little gelatine. Shape them, and egg and crumb them twice; fry in deep fat. Put some dressed green peas, asparagus, or a macédoine of vegetables in the centre of the entrée when dished, and pour a white sauce, flavoured with the bones and a little sherry, round.

Quail Cutlets, Financière—Côtelettes de Cailles à la Financière

Prepare the cutlets as for à la Villeroi. Dish on a border, put a financière ragoût in the centre, and pour a rich Espagnole sauce flavoured with sherry round. The bones should always be used to flavour these sauces.

Farced Quails, Rothschild—Cailles Farcies à la Rothschild

Bone, and stuff the quail with quenelle, in which put some rather large pieces of foie gras and a few pieces of truffles. Cook them, and get them cold; cut in half and lay them in a sauté pan with a little stock, make them hot in the oven, and glaze them nicely. Dish on a border with thin croûtes of fried bread between the pieces. Put a garnish of mushrooms, tongue, truffle, and small quenelles in the centre, and pour round them a rich Espagnole sauce.

Fillets of Hare, Neapolitan—Filets de Lièvre à la Napolitaine

The two fillets should be cut right down the back of the hare, and after skinning they should be cut into six or eight cutlets, according to the size of the fillets. Pat them out and lard with strips of fat bacon. Lay them in a marinade of oil, vinegar, onion, thyme, parsley, pepper, and salt for three or four hours; then braise and glaze them. Dish on a border. Fill the centre with a garnish of macaroni, tongue, mushroom, and truffle which has been dressed with Parmesan cheese and seasoned. Make a brown sauce flavoured with some of the bone, flavour further with a spoonful of currant jelly and port wine, and pour all over and round the fillets.

Fillets of Hare, St. Hubert—Filets de Lièvre à la St. Hubert

Prepare the fillets as above. Dish on a border with thin croûtes of fried bread between the pieces. Fill the centre with some dressed spinach. Make a brown sauce with some of the hare bones, and pour round.

Hare Cutlets, Reform—Côtelettes de Lièvre à la Réforme

The fillets should be small and beaten out flat. Sauté them, and press until cold between two dishes. Make a rich brown sauce, flavour with some of the bones, and add a yolk or two of egg and gelatine to make it set. Turn the cutlets into shape and dip each in this sauce before it gets cold. Lay them aside to set, then dip twice in egg and crumb, and fry in deep fat. Dish on a border, and put a small piece of a rib bone (previously cooked) in each. Garnish with a cutlet frill. In the centre put a garnish of tongue, gherkin, truffle, and steamed white of egg, all cut into shreds like Julienne vegetables. A few shredded mushrooms can be added. The sauce is made from the bones, and flavoured with a small spoonful of currant jelly, port wine, and a few drops of tarragon vinegar. Pour round the base.

Turban of Hare and Mushrooms—Turban de Lièvre aux Champignons

Make a light quenelle farce with the leg portion of a hare. Fill an ordinary plain border mould with this preparation and steam it. Prepare the fillets as above, and when it is time to dish, turn out the border on to the entrée dish, and lay the fillets, nicely glazed, all round the top of this border. Garnish the entrée with fresh button mushrooms, and pour a well-flavoured brown sauce all over.

Petits Pains de Lièvre à l'Essence

Partly cook enough hare for the purpose; remove all bone and gristle, pound it to a complete pulp, and pass through a wire sieve. Add half the same quantity of bread crumbs, seasoning, and sufficient eggs to make it all set firmly but delicately. Decorate some tiny moulds with truffles and steamed whites of eggs, dust them with flour and fill with

the preparation. If a little diluted game glaze can be added to the mixture it will make a great improvement. Steam them so as to be cooked just in time to serve. Turn on to the dish, and pour a rich brown game sauce flavoured with port wine or champagne all over.

Small Cases of Game—Petites Croustades de Gibier

Line some small timbale moulds with a thin short paste, in which put a yolk or two of egg. Fill them with dry bread crumbs, flour, or bran, and bake them. Turn them out, clean them, and brush over with yolk of egg, and bake again. Fill these with a purée of hare or any other game, highly seasoned and made as rich as possible. Put a patty top (made of puff paste) on each, and dish on a napkin. Garnish with fried parsley. These cases can be filled with a variety of ordinary patty meats and purées, and named accordingly.

Salmis of Partridge and Truffles—Salmis de Perdreaux aux Truffes

Half-roast a partridge and let it get cold. Cut it into neat joints and pieces, and with the trimmings prepare a rich and not too thick brown sauce. Put the pieces of partridge in this, and slowly simmer until thoroughly cooked. Add sherry and seasoning to taste, and put in sufficient sliced truffles. Dish in a mound, pour the sauce all over, and garnish with some fried fancy-shaped croûtes of bread or baked short paste. Salmis of pheasant, wild duck, or any other game is prepared in the same way.

Chartreuse of Partridge and Cabbage—Perdreaux et Choux en Chartreuse

Truss the partridges in the ordinary way. Put in a stewpan with a well-washed heart of a savoy cabbage, a carrot, a piece of bacon, pepper, salt, and sufficient stock to cook all in. Cover tightly, and thoroughly braise until the birds are tender. Take them out to get cold, strain the liquor away from the cabbage, &c., and proceed as follows. Decorate a large plain mould with cooked vegetables of different colours. Then line the mould with a light, firm quenelle meat made of veal. Then place over this a layer of cabbage that has been thoroughly chopped and got as dry as possible. Cut up the best parts of the partridges into neat pieces, as free from bone as possible. Add the bacon, also cut, and a little thick brown sauce. Fill the mould up with this mixture, cover with a little more farce, and steam like a pudding for an hour or longer according to size. Turn on to the dish, but do not remove the mould for a minute or two. Pour a nice game sauce all over.

Fillets of Wild Duck, Bigarade—Filets de Canards Sauvages à la Bigarade

Fillet the wild duck, and cut each fillet according to size into two or three pieces. Lay them in a marinade of oil, vinegar, thyme, parsley,

pepper, and salt for an hour or two. Drain them, and sauté them in clarified butter. Dish on a border with a croûte of fried bread between each two pieces. Make a brown sauce with the carcasses. Add the juice of one orange and a little lemon. Boil some of the orange peel, have it perfectly free from pith, and cut into very thin shreds; throw these into the sauce. Put a decorated croustade in the centre of the entrée, and pour the sauce round.

CHAPTER XXXI

MEAT ENTRÉES

Smoked Tongue—Filets de Langue Fumés

Soak in cold water a smoked ox tongue for twenty-four hours. Put to boil in cold water and cook gently until tender, which should take about four hours. Lift out, dip in cold water, and skin; put aside to cool. Cut and trim into pieces ¼ in. thick and lay in a sauté pan; cover with consommé; make hot gently in an oven, and dish on a border of spinach or potato, with a garnish of finely shredded French beans in centre. Pour a Neapolitan sauce round.

Ox Palates—Palais de Bœuf à la d'Uxelles

Proceed as for palais de bœuf aux tomates farcies, but do not stuff them. Lay the palates on a dish; press and cool; cut into oval-shaped pieces. Spread a little d'Uxelles sauce on a dish, lay a palate on, put another layer on top. When cold, shape, egg and breadcrumb, and fry brown. Dish on potato with a garnish of fried parsley. Pour d'Uxelles sauce round and serve.

Ox Palates with Stuffed Tomatoes—Palais de Bœufs aux Tomates Farcies

Wash and put on to boil in cold water six ox palates. Continue boiling for five minutes; then remove and scrape the skin away with the point of a knife. Wash well again and put to boil in stock with an onion, a carrot, a turnip, some parsley, two bay leaves, a blade of mace, and a little tomato purée. Simmer gently until tender, which will take some hours; then lift out, and when just cool enough to handle, lay on the table, overlapping each other. Trim and spread with a farce of veal mixed with chopped pistachio nuts. Roll up and tie in a cloth in the same way as galantine, and put back in boiling stock and cook for half an hour. Lift out and re-roll up tight, perfectly round, and put aside to cool. Then cut into slices ½ in. thick, and warm very gently in the oven. Dish on a potato border and garnish with forced tomatoes. Pour over it a sauce financière.

Noisettes of Lamb with Asparagus Points—Noisettes d'Agneau aux Pointes d'Asperges

Remove (by passing the knife along the backbone) the meat from a loin of lamb. Lay flat on a table and cut into slices ½ in. thick; trim them, and curl them round, the meat part in centre. Either tie with a string, or pass a thin skewer through to keep them in shape. Lightly set off in a sauté pan over a sharp fire, and put in the oven to braise until quite tender. In the meantime cook a bundle of asparagus; when done, cut the tops into one-inch lengths. Lift out the noisettes, lightly pass the glaze brush over them, take off the string or skewer, and dish on a potato border. Put the asparagus points in centre, and pour round the sauce made from the braise.

Mutton Cutlets, Victoria—Côtelettes de Mouton à la Victoria

The cutlets must be partly cooked, and then pressed. When cold, spread a salpicon of mushrooms, truffle, tongue, and a little white sauce on each side of the cutlet. Dip in egg and bread crumbs, shape them nicely, and fry in a deep pan of hot fat to a light brown. Dish on a border of mashed potatoes. Put a ragoût of mushrooms, truffles, cocks' combs, and quenelles in the centre, and pour a rich Espagnole sauce round.

Mutton Cutlets, Alexandra—Côtelettes à l'Alexandra

Lard the lean part of the cutlet with strips of fat bacon, braise them in a rich gravy, and glaze them nicely. These and similar cutlets should be dished upside down on a border of mashed potato; so the bone should be cut very short. Put a nicely dressed macédoine of fresh vegetables in the centre, and pour a well-flavoured Soubise sauce round.

Mutton Cutlets, Chevreuille—Côtelettes à la Chevreuille

Lard the cutlets well as above, and lay them in a marinade of oil, vinegar, onion, thyme, parsley, pepper, and salt for three hours, or even four. Braise them in a good strong gravy, and glaze them nicely. Dish on a border of potato. Fill the centre with a garnish of button onions (nicely braised), mushrooms, truffles, and small quenelles. The sauce is made by reducing the liquor and removing all fat, mixing in some Espagnole sauce, and flavouring with port wine and a spoonful of red-currant jelly.

Mutton Cutlets, Pompadour—Côtelettes à la Pompadour

Lard some thick mutton cutlets with two or three pieces of fat bacon through the eye. Braise them and press. When cold, trim to the usual size, and cover them with a good Soubise sauce that has had yolk of egg added to make it set. When cold, dip in egg and crumbs, shape them nicely, and fry in deep hot fat. Dish on a border of potato. Garnish with dressed peas in the centre and German sauce round.

Mutton Cutlets, Descartes—Côtelettes à la Descartes

Partly cook and press the cutlets. Cut a small piece out of the eye with a round cutter; fill this up with a little salpicon; dip in egg and bread crumbs, shape, and fry in deep fat. Garnish with ragoût made with the eye that has been cut out, mushrooms, and braised chestnuts. Pour round the whole a rich Espagnole sauce flavoured with sherry.

Mutton Cutlets, Eugénie—Côtelettes à l'Eugénie

The cutlets must first be partly cooked, then pressed. Trim them and spread a light quenelle farce over one side, and decorate them with cooked

Fig. 136.—Mutton Cutlets

vegetables. Lay them out in a sauté pan with a little strong gravy; cover with buttered paper, and put into the oven to finish cooking. Dish them on a border of potato, fill the centre with a purée of peas, and pour some demi-glaze round. Lamb cutlets may be dressed in all the forms given for mutton.

Cutlets of Lamb, Maintenon—Côtelettes d'Agneau à la Maintenon

Take the best end of a neck of lamb, chine it, and cut into cutlets (two bones to each). Take the bones out with the point of a knife, flatten with the cutlet bat, and trim. Next split the meat to the bone, and spread a layer of mushroom purée inside; fasten together, and grill. Glaze and dish on a border of potato. Pour some d'Uxelles sauce over, and serve with a garnish of button mushrooms.

Grenadin of Veal with Vegetables—Grenadins de Veau à la Jardinière

Lard some thick cutlets cut from the leg with strips of fat bacon. Braize them in some white stock, and glaze them lightly. Dish on a

border of potato. Put a macédoine of fresh vegetables in the centre, and some rich béchamel sauce round.

Veal Kernels

Take eight veal kernels and lay in cold water for an hour; then boil for three minutes. Throw into cold water and drain; press, and set to cool. Cut and place in a stewpan a carrot, a leek, an onion, a turnip, some parsley, a sprig of thyme, a few peppercorns, and a little ham fat; cover, and sweat for ten minutes. Trim and lay the kernels on them; cover again, and continue braising for another ten minutes. Pour sufficient good stock to just cover them, and cook till tender; remove, strain, and skim the liquor, put back into the stewpan, and reduce to a demi-glaze. Then put the kernels in, and toss in the glaze. Dish round a purée of vegetables, such as spinach, artichoke, green peas, &c. Garnish with fried croûtons of bread, and pour demi-glaze over.

Tendons of Veal

Take out the tendon from the breast of veal. Soak in cold water for an hour, and set to cook as for kernels; they will take about three hours. When done, lift out, press, and put to cool. Cut into pieces and make them thoroughly hot in the reduced liquor. Dish as for kernels, and pour demi-glaze over.

Beef Olives, Lucullus—Beef Ollas à la Lucullus

Beat out a thin slice of beef steak about 4 in. long by 2½ in. wide. Season with pepper and salt, and spread a very thin layer of sausage meat over. Put a thick piece of foie gras right across, and a slice or two of truffle. Roll all up, and wrap in a piece of oiled paper. Cook these in stock for an hour, and leave until cold. Trim them; put back in stock to make hot again. Serve with a rich Périgueux sauce made with Espagnole and chopped truffles, and flavoured with sherry.

Fillets of Beef, Neapolitan—Filets de Bœuf à la Napolitaine

Lard some small thick fillets of beef with strips of fat bacon; braise them and glaze them nicely. Dish on a border of potato. Fill the centre with a ragoût of macaroni, tongue, mushrooms, and truffles flavoured with Parmesan cheese, and make the sauce with the liquor, some Espagnole, a little rich currant jelly, and port wine.

Fillets of Beef, Strasburg—Filets de Bœuf à la Strasbourg

Sauté the fillets in clarified butter, glaze them, and on each lay a slice of foie gras. Dish on a border of potato. Fill the centre with some very finely cut straw and fried potatoes, and pour a rich brown gravy round flavoured with chopped olives.

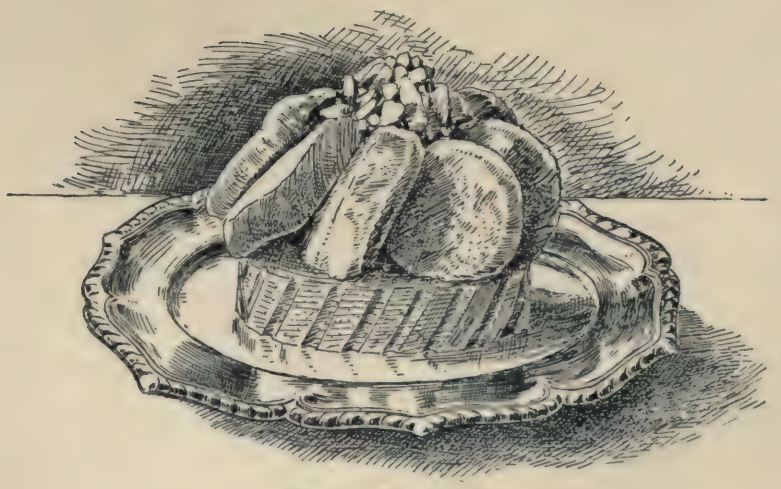


Fig. 137.—Filet de Bœuf

Steak à la Bordelaise

From between two rib bones of beef cut a good thick steak. Pour in a dish a little oil; add salt and pepper; lay in steak for ten minutes, turning over once; then grill (keeping on the underdone side). In the meantime, remove some marrow from a marrow bone; blanch and slice it, and put on steak; glaze and put in the oven for three minutes. Place on an entrée dish, and pour some Bordelaise sauce round.

Steak à la Maître d'Hôtel

Cut across a fillet of beef a steak 1¼ in. thick. Rub a little oil, pepper, and salt on, and grill. Glaze and place some maître d'hôtel butter on top. Put some fried-potato fingers round, and serve.

Steak à la Béarnaise

Prepare same as maître d'hôtel. Pour over some Béarnaise sauce, and garnish with finely cut straw potatoes.

Steak à la Chateaubriand

This should be cut thicker than the other fillet steaks. Prepare in the same way, with Chateaubriand sauce poured over, and garnish with potatoes cut into olive shapes.

Steak and Oyster, sometimes called Carpet Bag

Cut a large rump steak, pouch shape, split at one end inwards, push in six oysters, bearded, sew up, and grill. Pour over reduced oyster liquor in brown sauce, a little lemon juice, and chopped parsley.

Tournedos of Beef

These are cut from the fillet of beef in round shapes about the size of a five-shilling piece and 1 in. thick. Rub a clove of garlic on a dish, pour a little oil in, add pepper and salt. Just mix, and lay the tournedos in for three hours, turning over several times. Put a little fresh oil in the sauté pan, and fry rather brisk. Drain, dish, and pour either plain reduced gravy or any sauce likely to go with it, naming them after the sauce used, and garnish with potato or vegetable as required.

Scallop of Beef with Turnip—Escalope de Bœuf à la Nivernaise

Cut eight scalloped pieces from the fillet of beef about three quarters of an inch thick; also small pieces of the fat from the fillet. Lay in oil, &c., for half an hour, and cook quickly over a fire in a sauté pan. Pour off the grease, and put in a gill of Espagnole sauce and a gill of consommé. Simmer for ten minutes. Glaze and dish on a potato border, with a garnish of small balls of turnip (cut with a vegetable scoop) in centre. Pour sauce round.

Scallop of Beef, American—Escalope de Bœuf à l'Américaine

Prepare as for Nivernaise. Season with tomato sauce and a garnish of stuffed tomatoes and straw potatoes.

Scallop of Beef, St. James—Escalope de Bœuf à la St. Jacques

Prepare as for Nivernaise. When cooked, put a layer of foie gras on each, and put in the oven for three minutes. Garnish with shredded mushrooms and halves of cherries simmered in white wine for five minutes. Pour sauce over, and serve.

Fillets of Beef, Sydney—Filets de Bœuf à la Sydney

Prepare the fillets as for Napolitaine. Dish and garnish with finely cut French beans. Pour round some sauce piquante, with some grated horseradish and red-currant jelly added.

Fillets of Beef, Seville—Filets de Bœuf à la Seville

Prepare as for Nivernaise. After draining the grease from them add half a pint of brown sauce and a gill of red wine. Reduce for ten minutes. Glaze the fillets and dish them lengthways down the centre of the dish. Arrange an orange salad on each side of them. Skim the sauce and serve in a boat.

Vienna Steaks

These are rump steaks passed through the mincing machine, with a little chopped parsley, shallot, pepper, and salt added. They are shaped round, floured, and fried in a sauté pan, and served with brown gravy.

FOUR NOTABLE BAKERS

WILLIAM H. PALMER, born at Swansea in 1868, started business as a baker in 1894, and has equipped his bakery with the most up-to-date machinery. He was President of the South Wales Federation of Bakers' Associations in 1907, and he has been appointed first Chairman of the Bread and Flour Sale Note Clause Board of Reference.

JOSEPH MERRITT was born in 1873 at Cardiff, where he has now a successful baking and confectionery business. He was formerly Hon. Secretary of the South Wales Federation, and in 1906 he was President of the Cardiff Association.

BENJAMIN T. BELL was born in 1848 at Rotherham, where his father was in business as a baker. He began on his own account there in 1870, but removed to Sheffield in 1884, where he erected one of the best-equipped bakeries in Yorkshire. He retired in favour of his son in 1904. Mr. Bell was formerly an enthusiastic cricketer, with a great reputation as a bowler.

WILLIAM H. CURTIS, born at Birmingham in 1861, was educated at Bristol, and at the age of fifteen began his apprenticeship in his father's bakehouse. He succeeded to the business on his father's death in 1895. He was first President of the Bristol Master Bakers' and Millers' Association, and has been President of the South Wales Federation. He is a member of the Executive of the National Association, of which he has been a Vice-President. Mr. Curtis has served on various public bodies, and takes an active part in church work.

Fillets of Beef (cold)—Chaudfroid de Filets de Bœuf a la Lucullus

Prepare and cook as for à la Napolitaine. Allow to get cold with a dish on top to press them. Trim smooth, put a thin layer of foie gras (passed through a sieve) on each, and mask over with brown chaudfroid sauce. Decorate with truffle and pistachio. Dish on salad and garnish with stewed cucumber and tomato.

Fillets of Beef, Gratin—Filets de Bœuf au Gratin

Sauté some small, thick fillets of beef in some clarified butter. Dish on a border of potato, and pour over reduced and rather thick Italian sauce, well flavoured with sherry. Sprinkle with bread crumbs and a little oiled butter. Put in the hot closet to warm up, and pass a hot salamander over to gratinate the bread just before serving.

Cutlet of Beef, Rome—Côtelettes de Bœuf à la Rome

Prepare some beef farce; try a little by steaming it; have it firm but light. Butter the number of cutlet moulds required and fill in with the farce. Steam very gently till cooked, turn out and dish on purée of artichoke. Garnish with a Milanaise garnish. Pour tomato sauce over, and stick a cutlet spike in each.

Minced Beef

Cut 1 lb. of any remains of cold roast beef into small squares. Chop a shallot very fine and place in a stewpan with 1 oz. butter. Simmer gently till light brown, throw in the beef and moisten with half a pint of brown sauce and a gill of stock. Season with pepper and salt; simmer for 30 minutes; add a little chopped parsley, and dish. Garnish with pieces of toast cut into triangle shapes.

Fillets of Beef, Orient—Filets de Bœuf à l'Orient

Braise some very small fillets of beef. Glaze and dish round a border of rice, as for curry. Put a garnish of turned olives and sliced gherkins mixed with chutney liquor in centre. Pour a good curry sauce round.

Filets de Porc à la Crapaudine

Remove the fillets from underneath a loin of pork, cut into slices ¼ in. thick, trim, flour, egg and crumb, cook in sauté pan with clarified butter. Braise some very small onions and mix with button mushrooms. Dish the fillets on purée of cabbage, put garnish in centre, and pour Sauce Robert round.

Foie Gras Sévigné

Prepare some rings of puff paste ½ in. high and the size of a five-shilling piece, leaving a border ¼ in. round. Fill the centres with foie gras, decorate with chervil, and brush well with cold aspic. Dish on finely shredded lettuce leaves and garnish with tomato salad.

Côtelettes d'Agneau à la Menthe

Cut as many lamb cutlets as required. Place in a sauté pan with a little clarified butter. Brown quickly over the fire, season, and put into a stewpan containing some good strong stock with vegetable and tomato purée added. Simmer gently till the cutlets are quite tender; lift out and press. When cold, trim and brush over several times with a dressing prepared as follows. To one tablespoonful of meat glaze add two teaspoonfuls of aspic jelly and one teaspoonful of chopped mint. When almost about to set, brush over the cutlet, place a cutlet frill on each bone and dish on salad, with green peas in centre. Decorate round with aspic jelly.

CHAPTER XXXII

POULTRY, MEAT, AND GAME PIES, ETC.

Pigeon Pie

Take two pigeons (drawn), cut the points of the wings and legs off, then slice each pigeon down in three, remove the liver, and take away the back. Just slit the breast piece down, and take out the bone; chop the livers very fine with a little parsley and a few mushrooms, and spread on each piece of pigeon. Cut ¾ lb. rump steak into slices; beat them and put a layer in the bottom of the dish, then a layer of pigeon, and so on, seasoning with pepper and salt. Add a gill of stock; cut two hard-boiled eggs into four parts and lay round; cover with puff paste, and cook in a moderate oven for one hour and three-quarters. Fill the pie up with gravy made from the heads, bones, and stock. Stick the feet out of the top of paste.

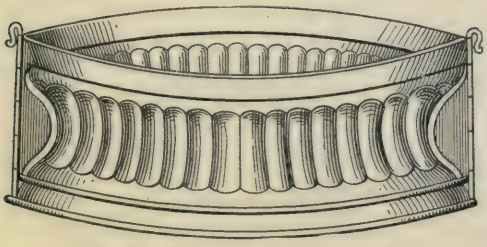


Fig. 138.—Mould for Raised Pigeon Pie

Veal-and-Ham Pie

Take 1 lb. veal cutlet and cut into good-sized pieces. Beat out with a cutlet bat, season with pepper and salt, and spread a layer of sausage meat over it. Cut very thin as many slices of gammon as there are of veal, and roll them up. Put a little veal stock in the bottom of the dish, cut each roll in half, and stand in. Cut two hard-boiled eggs into eight pieces. Sprinkle parsley all over, and cover with puff paste. Bake for one hour and a half in a moderate oven. Fill up with gravy when done.

Rump-Steak Pie

Cut the steak into slices, beat out, season, and spread on it a layer of sausage meat. Roll up; cut and finish as for veal-and-ham pie.

Steak-and-Oyster Pie

Cut 1½ lb. rump steak into slices, beat out thin, put a layer into a dish, season with pepper and salt, then add a layer of oysters, having taken the beards off, and repeat till the dish is full, using 2 doz. oysters. Melt a gill of espagnole sauce; reduce the oyster liquor, and add to the sauce with a teaspoonful of mushroom ketchup; then pour over. Cover with puff paste and bake for one hour and a half.

Chicken-and-Ham Pie

Cut a young chicken into eight pieces, chop the livers up with a little parsley, ham, and mushroom. Spread some of this on each piece of chicken. Put a few slices of ham in the bottom of the dish with a little chicken stock, then a layer of chicken, season, and so on till full. Add two hard-boiled eggs, chopped up; sprinkle over with chopped parsley, cover with puff paste, and bake for one hour and three-quarters. Fill up with chicken stock, well seasoned.

Fig. 139.—Chicken-and-Ham Raised Pie

Shepherd's Pie

Chop fine any remains of cold meat; reduce in a little brown sauce and stock, with finely shredded shallot, for fifteen minutes; season, and pour into a pie-dish. Mash some boiled potatoes, add the yolk of an egg to it, season, and either spread on with a knife, or pipe with a forcing-bag and star tube. Bake in the oven till of a nice colour.

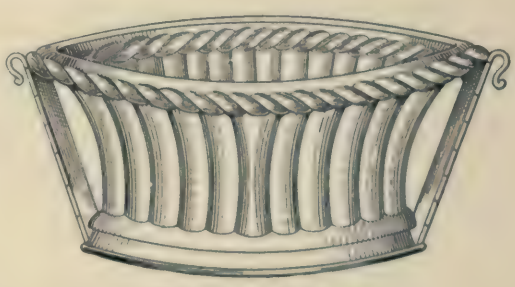


Fig. 140.—Raised Pie Mould

Partridge Pie

Proceed as for pigeon pie, adding a little pounded mace to the seasoning.

Venison Pie

Cut the meat into slices and beat out. Mix together a little chopped parsley, a very little grated lemon rind, pepper, and salt. Put the meat in layers in a dish, seasoning with the mixture. Reduce some espagnole sauce with port wine and red-currant jelly added, and pour over the venison. Spread over it some chopped mushroom and truffle, cover with puff paste, and bake. This requires half an hour longer than steak pies.

Hare Pie

Cut the hare into fair-sized pieces; chop off the fine rib bones, head, and neck; pound the liver in the mortar, add the blood to it and a little chopped parsley and thyme, also pepper and salt. Put a layer of this in the bottom of a dish; roll round each piece of hare a thin piece of streaky bacon; then lay on the liver; spread any liver left over the top. Cut up a carrot, an onion, and a turnip, and place in a stewpan with a pat of butter; fry for a few minutes. Chop up the head, neck, &c., and add to it; put the lid on and simmer for fifteen minutes; moisten with a pint of stock and a gill of espagnole sauce. Simmer for half an hour, strain, skim, and pour into a dish; cover with paste and bake for two hours in a moderate oven.

Rabbit Pie

Cut the rabbit into ten pieces and wash well in cold water. Place in a dish with slices of thin-cut bacon; season with pepper and salt, chopped parsley, and thyme. Reduce the heads and trimmings in stock; season, and put a little in the dish; cover with paste and bake for one hour and a half. Then fill up with gravy.

Steak-and-Kidney Pie

Prepare as for steak pie, slicing the kidney and laying it in with the steak.

Jugged Hare

Chop the hare into good-sized pieces, taking care of the blood and liver. Slice a carrot, a turnip, an onion, and a leek; put into a stewpan with some ham trimmings and a pat of butter. Add a little parsley, thyme, black pepper, a blade of mace, and three cloves. Simmer for a few minutes, then put the pieces of hare in, cover, and simmer for twenty minutes, stirring occasionally. Then add two quarts of good stock and simmer till tender. Skim and strain. Put the liquor back in the stewpan and thicken with brown roux. Add a jar of red-currant jelly and half a pint of port wine; simmer for ten minutes, removing any grease. Place the hare in a clean stewpan; season the sauce and pour over. Pound the liver in the mortar; moisten with the blood; add a few bread crumbs, a little chopped parsley and thyme; season with pepper and salt;

dust a little flour on the table and roll into balls; throw them into boiling stock and simmer for five minutes; then add to hare.

Haricot Mutton

Cut a neck of mutton into cutlets, trim off most of the fat, heat a little clarified butter in a sauté pan, lay the cutlets in and brown on both sides. Lift out and put into a stewpan containing a thin brown sauce with a little tomato purée added. Place in the sauté pan about a dozen very small peeled onions and shake over the fire until quite brown. Put them in with the mutton and continue simmering. Cut some carrots and turnips into half-moon-shaped pieces, toss in a little butter over the fire for a few minutes, and place these with a small bunch of parsley with mutton, When cooked, take out and dish the mutton and vegetable, remove the parsley, skim and reduce the liquor and pour all over. Sprinkle a little chopped parsley over and serve.

Kidneys with Bacon

Skin six fine sheep kidneys, split them lengthways, but do not separate them; remove the white part, and push a thin skewer through them; pour a little oil, with pepper and salt mixed in, on a dish; turn the kidneys over in this; grill them for about three minutes on each side over a good fire. Cut six round pieces of toast, lay a piece of bacon on each, and lay the kidneys on top. Pour a little melted butter over the kidneys before serving.

Stewed Pigeons

Truss the pigeons as for roasting. Lay in a stewpan a few slices of bacon, a carrot, an onion, a little parsley, and a pat of butter. Place the pigeons on this, cover and simmer for ten minutes. Moisten with brown sauce and stock, half of each; cover and simmer till the pigeons are cooked, then lift out, strain, skim and reduce liquor. Dish the pigeons on croûtes of fried bread (if preferred), garnish with a macédoine of vegetables, and pour sauce over.

Raised Pheasant Pie—Pâté de Faisan

Line a raised pie mould with some paste made for raised pies. Bone a pheasant and split down the back; lay in a forcemeat as for galantine; season, roll up, and cut into good-sized pieces and lay in case. Between the layers spread some sliced mushroom and truffle. When the pie is full, cover with a piece of buttered paper and a layer of paste, and cook in a moderate oven for two and a half hours. If the case is a thin one, some paper should be tied round to save the crust from getting too much colour. While the pie is cooking, prepare the gravy as follows. Chop up the bones from the pheasant; cover with good stock; add an onion, carrot, turnip, some peppercorns, and parsley; simmer gently until of a good flavour. Then strain and clarify with the white of an egg;

strain through a soup cloth; season, and add a little sherry. Put a little of this gravy in a mould, and stand on ice to make sure that it will set. Remove the top of the pie and fill up with gravy; continue doing so until the meat is quite covered; then leave to set. Cut round the top edge with a sharp knife and remove the case. Cut a lemon lengthways and slice very thin; lay the pieces of lemon round the edge of the pie, overlapping each other. Chop the remainder of the gravy or aspic jelly and pile up in the centre. Other game, such as partridge, grouse, &c., may be treated in the same way.

Paste for Raised Pies

To 1 lb. of sifted flour rub in 6 oz. of butter. Make a well in the centre and place in two egg yolks, a little salt, and a pinch of cayenne pepper. Add water and mix to produce a rather firm but smooth dough. Let it stand for about ten minutes; then roll out and fold over in the shape of a pouch. The paste should then be about ¼ in. thick. Press into a case, using a piece of paste to press well into the mould. Fold well over the top edge of the mould and fill in.

Raised Pies with Hot-water Paste

Another way of making raised pies is with hot-water paste, but in this case the crust is uneatable. Boil some water with a little butter (about 1 oz. to the quart); make a bay in the centre of the flour and pour the water in. Mix while hot to a firm dough. Knead quite smooth, or, if convenient, pass through a biscuit roller until of a velvety appearance. Cut a strip of the length required and stick the two ends together with egg; fasten round a piece cut out for the bottom, and pinch together with the pastry nippers. Mark the top edge in the same way; then decorate round with leaves, flowers, fruit, birds, &c., made in moulds with the paste, and keep until dry. Fill this shell in with cooked game; brush over the paste with white of egg, and proceed in the same way as for pheasant pie. These pie cases can be prepared and kept some time before using. When they come from the oven they should be brushed over with reduced aspic jelly until quite shiny.

Galantine of Veal

Take a breast of veal; bone it and lay it out on the table, skin side down, and equally divide the meat. Season with pepper and salt, and spread a layer of forcemeat over, with a little foie gras mixed in; then cut some tongue into strips, some fat bacon, and steamed yolk of egg, and lay these strips in rows, and in between spread some pistachio, sliced truffle, and mushroom. Put another layer of forcemeat all over this; roll up and tie tightly in a cloth; cook in well-flavoured stock; then lift out. When cool, untie and wash the cloth; roll up tight again and tie very tight; put a dish or board with weight on to press, and

leave to get quite cold; then take out of the cloth, trim the ends, and brush on or dip in glaze. Decorate with aspic jelly, cut in circles, diamonds, &c.

Galantine of Chicken

Bone a chicken and split down the back; divide the meat evenly, and proceed as for galantine of veal. If preferred, this galantine can be masked over with béchamel, tomato, or brown chaudfroid sauces instead of glaze, or it may be set in aspic.

Pressed Beef

Remove the bones from a good plump brisket: rub well with salt; lay in a pan for two days, rubbing the salt well in occasionally. Then place in pickle for eight days. When sufficiently pickled lay on a drainer and place in boiling water with some spice (a few peppercorns, whole spice, clove, mace, bay leaves, and a stick of cinnamon crushed in a mortar) tied in a piece of cloth. Simmer gently until thoroughly tender; then lift out and press in a frame made from strong wood, or in an iron one. Leave until the following morning; then turn out and cut into pieces of the size required. Glaze, and decorate with aspic jelly.

Pickle for Brisket of Beef

Boil 2 gal. of water and pour on to 8 lb. of salt, ½ lb. brown sugar, and ¼ lb. saltpetre. When cold, throw in a few bruised cloves, mace, bay leaves, thyme, and a stick of cinnamon. Stir well; it is now ready for use. Turn the brisket over every day, and wash well before cooking.

CHAPTER XXXIII

JOINTS

Roast Sirloin of Beef—Aloyau de Bœuf Rôti

Trim the sirloin and skewer the flap part underneath. If roasting, hang close to the fire for the first twenty minutes; then place farther away. Baste well at intervals, and a little while before finishing dust over with salt. Make the gravy from the pan, after removing all fat, by pouring some boiling stock in season. Pour round the meat. Scraped horseradish or horseradish sauce is an excellent addition. Allow for cooking at the rate of two hours for 7 lb.

Braised Sirloin—Aloyau de Bœuf Braisé

Remove the bones from a 7-lb piece of sirloin; roll it quite round, fastening the flap round with a skewer, and bind round with a piece of tape. Lard it, and place in a braising pan on a braise of vegetable, a

few whole spice, peppercorns, cloves, bay leaves, and a clove of garlic. Simmer on a good fire for ten minutes; add some stock and red wine; place in the oven, covered tightly, and cook gently for two hours. Remove the beef; then strain and reduce the liquor, and add to it some brown sauce. Stand the beef in the oven to keep hot; glaze over, dish, and pour sauce over. The name of the dish depends on the garnish used; thus with a mixed vegetable garnish the name is *à la jardinière.*

Roast Fillet of Beef—Filet de Bœuf Rôti

Take about 6 lb. of fillet of beef. Trim, and lard it well with bacon fat. Pour some salad oil in a dish; add a little pepper and salt; lay the fillet in this for two hours, turning over occasionally. Then roast before a good fire or in the oven till done, basting well. If cooked in the oven cover with beef fat, and when nearly done take fat off and brown. Make a good gravy and pour round. It will take about one hour and a quarter to cook.

Roast Fillet of Beef, Reform—Filet of Bœuf Rôti à la Réforme

Prepare and lard the fillet, cover with ham fat, and bake in an oven; baste well meanwhile. Dish on a potato crustard of mashed potatoes shaped like the fillet and browned in the oven; put a Reform garnish on each side and pour Reform sauce over.

Braised Fillet of Beef—Filet de Bœuf Braisé

Cut, trim, and lard the fillet, and cook in the same way as braised sirloin of beef. When done, glaze, and reduce the liquor. Add to it some espagnole sauce. Allow one hour for braising a 4-lb. fillet.

Braised Fillet of Beef, Milanese—Filet de Bœuf Braisé à la Milanaise

Prepare and cook the fillet as above; reduce the liquor with some espagnole sauce; season it, and mix with it some cooked spaghetti macaroni. Cut into 2-in. pieces some shredded mushrooms, tongue, and truffle; add some grated Parmesan cheese to this, and stir gently together. Make a foundation of spinach, or boiled rice and cheese, brushed well over with egg and browned in the oven. Slice the fillet, place the parts together again, and dish on the foundation. Garnish with the macaroni, &c., and pour sauce over.

Fillet of Beef, Lorraine—Filet de Bœuf à la Lorraine

Prepare and braise the fillet as before. Prepare some potato border and make a socle down a dish the size of the fillet and 2 in. high; brush over with egg, and brown in the oven. Slice and place together again and dish on potato. Garnish with some small button onions, braised; some potato, made from the potato border, with a little cream added, and laid out on a baking sheet with a star tube, and browned in the

oven; and some braised small cabbages. After reducing the liquor add to some Neapolitan sauce and pour over.

Braised Fillet of Beef, Roman—Filet de Bœuf Braisé à la Romaine

Proceed exactly as for à la Milanaise, substituting tomato sauce for espagnole.

Braised Fillet of Beef, American—Filet de Bœuf Braisé à l'Américaine

Cut, trim, and lard the fillet with strips of bacon; braise and dish on spinach; glaze over and garnish with small tomato cut in halves. Fill with mushroom purée and finely-cut straw potatoes. Reduce the liquor to a demiglaze and pour over.

Braised Fillet of Beef, Palestine—Filet de Bœuf Braisé à la Palestine

Trim and braise the fillet. When done, glaze, cut, and dish on mashed potatoes; garnish with balls of artichokes cut with a vegetable scoop, parboiled and finished in clarified butter in the oven, with small braised button onions. Add to the reduced liquor some financière sauce. Reduce again and pour round.

Braised Fillet of Beef, Sevano—Filet de Bœuf Braisé à la Sevano

Cut and trim the fillet and lard each side of it, leaving the top plain. When done, glaze, and lay a strip of the following down the part not larded. Chop finely eight gherkins, with two or three leaves of tarragon; place in a stewpan on the stove until quite dry; stir in the yolks of three eggs and one teaspoonful of velouté sauce. Spread this smooth with a palette knife and decorate with truffle. Make a garnish of olives stuffed with mushroom purée, and dish alternately round with green peas. Reduce the liquor to a demiglaze and pour round.

Braised Fillet of Beef, Delmonico—Filet de Bœuf Braisé à la Delmonico

Cut and trim and braise a rather thin fillet of beef. When cooked, coat over with a chicken farce mixed with some finely chopped ham and tomato purée. Set back in the oven until the farce is firm and cooked; then slice and lay down the centre of a casserole, on croûtons of fried bread to raise it up. Place a garnish of finely shredded French beans on one side, and very small potato croquettes on the other side. Reduce the liquor to a half-glaze and pour over.

Braised Fillet of Beef, Ligny—Filet de Bœuf Braisé à la Ligny

Prepare, lard, and braise a thin fillet. When done, glaze, and slice, about ¼ in. thick; put together again and dish on a mould of spinach.

Garnish with shredded red cabbage, braised, and potato "château". Reduce the liquor with a little red wine and pour over.

Boiled Beef—Bœuf Bouillie

Place 10 lb. of silverside or round of beef in pickle for seven days; take out, wash, and put to boil; skim off any scum and simmer gently for three hours. Make some suet dumplings and place with the beef an hour before it is done. Cut up some carrots, turnips, and leeks, and cook these with the beef. Send to table with the fat fastened with a silver skewer. Garnish with the dumplings and vegetables.

Round of Beef—Culotte de Bœuf Bouillie

The large round of beef, cold, is excellent for outdoor catering, and makes a capital *pièce de résistance.*

Roast Leg of Mutton—Gigot de Mouton Rôti

Choose a well-hung leg of mutton about 7 lb. Saw off the shank bone; with the point of a steel make a hole in the knuckle end along the bone; push a small clove of garlic in. Dust over with salt and flour, and roast or bake in the oven for one hour and three-quarters. Make the gravy from under the meat, and serve with a paper frill round the knuckle.

Boiled Leg of Mutton—Gigot de Mouton Bouilli

Put a 7-lb. leg of mutton in an oval pot, just covered with cold water. When boiling, add a little salt, and simmer gently for two and a quarter hours. Cook some pieces of carrot, turnip, and small onions with it; if desired, small suet dumplings also. When done, reduce some of the liquor to add to the caper sauce which, as a rule, accompanies this dish.

Braised Leg of Mutton—Gigot de Mouton Braisé

Take a 7-lb. leg of mutton; cut off the shank bone and lay on a braise of vegetable (made of three carrots, two turnips, four onions, three cloves, and a blade of mace, a little ham fat, which has been simmering for ten minutes). Cover, and continue simmering for twenty minutes; add 3 qt. of stock and put in the oven to cook, which will take about five and a half hours. Dish with a paper frill round the knuckle. Garnish with carrots, turnips, and small onions, also braised. Strain, and pour gravy over.

Stuffed Leg of Mutton—Gigot de Mouton Farci

Remove the bone from a 5-lb. leg of mutton by beginning at the knuckle end and passing a thin knife round the bone, folding the meat away from you as you proceed. Saw off at the end of the leg bone; season, and fold the meat back again. Fill in with veal farce or veal

stuffing, to which add a little mushroom purée. Sew up the end and braise as above for three hours. Send to table with a boat of piquant sauce and any vegetable garnish that may be preferred.

Roast Shoulder of Mutton—Épaule de Mouton Rôtie

Choose a plump 5-lb shoulder of mutton. Chop off the bone just above the joint; sprinkle with salt and a little flour, and set to roast in front of the fire, basting well, for one hour and a quarter. If cooked in the oven, lay some clean dripping on and cover with greased paper. Make the gravy from under the meat; season, and pour round. It is usual to serve a boat of onion sauce with this joint.

Stuffed Shoulder of Mutton—Épaule de Mouton Farcie

Bone the shoulder of mutton, without cutting the skin; lay it on the table; season the meat with salt and pepper and stuff it as for stuffed leg of mutton. Sew it up into a round shape and braise it. Either reduced braised liquor or piquant, Italian, or any well-seasoned stock sauce may be served with this joint.

Rolled Shoulder of Mutton with Oysters—Épaule de Mouton Roulée aux Huîtres

Bone a small shoulder of mutton, season the meat, and lay in twenty-four oysters (with beards removed). Sew up into a roll shape; braise, and when quite tender, glaze over, and pour a brown oyster sauce round.

Roast Saddle of Mutton—Selle de Mouton Rôtie

The saddle is the whole double loin with the legs cut off. Trim the outside skin off, and mark the other with the point of a sharp knife, diamondwise. Fold the flap underneath and bind round three times with string. Split the tail, curl round, and skewer a kidney in each half; sprinkle with salt, pepper, and flour; cover, and baste well in the cooking. Allow two hours for a 10-lb. saddle. Make the gravy from under the meat. Red-currant jelly should always accompany saddle of mutton.

Braised Saddle of Mutton, Grand Duke—Selle de Mouton à la Grand Duc

Proceed exactly as above. Glaze and garnish with points of asparagus cut about 1½ in. long, and small heads of stewed chicory, coated with white sauce. Add to the reduced liquor a little red-currant jelly and qort wine, and pour round.

Braised Saddle of Mutton, with Celery—Selle de Mouton Braisée au Céleri

Prepare and braise as above. Glaze, and garnish with small bundles of stewed celery. Pour some demiglaze round, and serve with celery sauce handed separately.

Boiled Neck of Mutton—Carré de Mouton Bouilli

Chine a neck of mutton by sawing away the backbone from the cutlet meat. Then trim and bare the top of the bones about 1 in. down and put to boil with some vegetable. Simmer until quite tender. Dry the fat in the oven for a minute or two; dish on one side of a mound of mashed potato (previously browned in the oven), bones upwards. Put whatever garnish is to be used on the other side; place a cutlet frill on each bone and pour sauce round. Caper, soubise, piquant, or other sauce may be served with this dish.

Roast Neck of Mutton—Carré de Mouton Rôti

Prepare as for boiling. Dust over with salt, pepper, and flour; place in a baking tin and cover with buttered paper, or roast in front of fire. Keep it of a nice golden colour. Make the gravy from under the meat and pour round.

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